



Fort Sam Houston

News Leader®



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Fort Sam Houston — Home of Army Medicine

March 7, 2002

Briefs

New second run route designed for unit formation PT

The rapid expansion of the 91W Initial Entry Training area created a requirement for the Center Brigade to move the 187th Medical Battalion to the 900 area adjacent to the AHS. This action created another IET campus area on main post for the 187th Medical Battalion, incorporating a new, second unit run route.

The new route is a rectangle with South boundary as Harney Road, the West boundary as Scott Road, the North boundary as Hardee Road, the East boundary as Garden Avenue and McGee Road.

The unit formation running route, in the North Salado Creek area, will remain active. The move of the 187th and the increased numbers of soldier PT formations required another dedicated running route that would not conflict with early morning traffic. Vehicles will not be allowed to drive on the route, but guards will be posted at intersections to allow safe crossing at Harney and Scott, Patch and Harney, Chaffee and Harney, and Garden and Binz Engleman, Garden and Hardee, and Hardee and Scott. The unit formation running route times are 4:45 to 6:15 a.m. on Monday, Wednesday, and Friday. The 10 mph speed limit is in effect while around troops.

Celebrate Government Hill, March 9

Historic Government Hill will celebrate with a dance festival on March 9, from noon to 6 p.m., along North New Braunfels Ave. (between IH 35 and Grayson Street.) Admission is free and the public is invited.

Commemorating 92 years

► Keynote speaker, U.S. Army retired Maj. Gen. Charles E. Teeter applauds as T-38s fly overhead in tribute for those who fly in harms way during a ceremony commemorating the 92nd anniversary of the first military flight. Teeter served in a variety of positions both in aviation and field artillery units. The 12th Flying Wing, Randolph AFB, provided the T-38s.



Ceremony pays tribute to first military flight

By Esther Garcia
Fort Sam Houston Public Affairs

Members of the National Order of the Daedalians, Stinson Flight Number 2, the Army Aviation Association of America Dibrell Chapter, friends and family gathered on Mar. 4 in front of the Foulois monument near the Fort Sam Houston main post flagpole to commemorate the 92nd anniversary of the first military flight.

Lt. Benjamin D. Foulois made military aviation history 92 years ago on March 2, 1910. With only 54 minutes of preliminary flight instructions from the Wright Brothers in Maryland, Foulois made his initial solo flight on Fort Sam Houston in March 1910. He started the

flight at 9:30 a.m. and ended it at 9:37 a.m., attaining a height of 100 ft. and circling the area at the speed of 50 mph. This was the first flight following the government's purchase of the 1909 Wright Flyer, the military's first airplane by one of the military's true pioneers of flight.

Stinson Flight Captain Col. Gary R. Walston, U.S. Air Force retired, introduced the keynote speaker, U.S. Army retired, Maj. Gen. Charles E. Teeter. During more than 30 years of Army service, Teeter served in a wide variety of staff and command positions in both Aviation and Field Artillery units. Teeter served two combat tours in Vietnam, including assignments with the

See Ceremony on Page 3



Photos by Esther Garcia

ACS receives 'Award of Excellence'



Photo by Edward Rivera

► Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston, presents the Award of Excellence to Rita Dalton, chief, Fort Sam Houston Army Community Service Feb. 18 in recognition of the ACS providing the best services in the Army for a medium-size installation.

8 American soldiers dead in Gardez fighting

Choppers go down in eastern Afghanistan

By Jim Garamone
American Forces Press Service

Eight American soldiers have been killed in fighting around Gardez in eastern Afghanistan, U.S. Central Command officials said. Previous reports said nine soldiers had been killed.

Central Command said one soldier, Chief Warrant Officer Stanley L. Harriman of the 3rd Special Forces Group, Fort Bragg, N.C., died during the early hours of Operation Anaconda on March 2.

Seven other soldiers died in two helicopter incidents on March 4. In the first, an MH-47 Chinook helicopter was inserting an observation team when a rocket-propelled grenade hit the aircraft. It did not explode, but the pilot lost control of the craft for a short time. In the maneuvers to get out of the area, a soldier fell from the craft.

"The helicopter repositioned under its own power, and the helicopter landed and immediately recognized that one crew member had been left behind," said Army Gen. Tommy

Franks, U.S. Central Command chief, during a March 4 briefing in Tampa, Fla.

Immediately after the first incident, a second force went

to insert soldiers into roughly the same area. "When one of the two helicopters of that force first came in ... it also came under fire," he said. The chopper, also an MH-47, landed, and the soldiers aboard the helicopter got off and engaged the enemy.

The second chopper made a hard landing, Franks said, and was not flyable. The U.S. troops took casualties, including six dead, in the fighting. Later, a combat search and rescue team went into the area and evacuated all the soldiers including the seven dead.

Operation Anaconda is aimed at eliminating a pocket of Al Qaeda and Taliban fighters south of Gardez. More than 2,000 U.S., Afghan and coalition troops are involved. Fighting in the area continues.



Guard Bureau Chief speaks at Homeland Security Conference

By Rudi Williams
American Forces Press Service

Air Force Lt. Gen. Russell C. Davis told top industry and government conferees how the National Guard can communicate better with federal, state and local officials and help improve homeland security.

Davis, chief of the National Guard Bureau, was among several high-ranking industry and government speakers at a homeland security conference in Washington, D.C.

The conference, sponsored by the Armed Forces Communications and Electronics Association, addressed the lessons learned from September 11th and its aftermath. Participants discussed what steps have been taken to organize, protect, secure



Lt. Gen. Davis

and reconstitute the information infrastructure. They also shared information on new

requirements and ways to address shortfalls.

The conference also highlighted the new security challenges facing the information technology community and identified technology solutions, as well as the resources needed.

Davis told the gathering that there are three duty statuses under which guardsmen perform their duty, which national leaders

“When placed on full-time Title X duty, the National Guardsman becomes a full-time member of the active duty Army or Air Force. This dual state and federal status provides the nation with a very flexible force for homeland security.”

Air Force Lt. Gen. Russell C. Davis

can put to use, depending on the mission.

The first status is state active duty, under which guardsmen remain under the control of, and fares paid by, the state governor. “This is the type of duty in which you usually see guardsmen responding to natural disasters,” Davis explained. “The average state has about six call-

ups of this nature each year.”

Guardsmen worked under this status in support of the World Trade Center attack aftermath, with the federal government reimbursing the state’s costs, he said.

The second status is Title 32, under which guardsmen perform monthly weekend training and annual two-week training.

The guardsmen remain under the control of the state governor, but are paid and equipped by the federal government.

“Guardsmen operating in this status are not subject to the restrictions of the posse comitatus law that typically prohibits military personnel from doing law enforcement duties,” Davis said.

He said the National Guard has had “tremendous success in the war on drugs” by helping law enforcement conduct counterdrug operations.

“Under Title 32, there is tremendous state and federal potential as a tool for the war on terrorism, too,” Davis said. “This is illustrated by the fact that we have been able to successfully execute our airport security

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Fort Sam Houston News Leader

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New incentives set for unaccompanied tours

By Staff Sgt. Marcia Triggs
Army News Service

Two programs have been revised to help stabilize soldiers returning from Korea and other dependent-restricted tours. The Deployment Stabilization policy, along with the Homebase and Advanced Assignment Program — known as HAAP — have been expanded, the Army G1 recently announced.

After completing a tour in Korea or other dependent-restricted areas, soldiers will now be stabilized from operational deployments for six months at their new duty station. Before the most recent revision, the Deployment Stabilization policy only affected soldiers who had participated in “Operations other than War” deployments for a period of at least 30 consecutive days.

Personnel officials said the stabilization program — which applies to both officer and enlisted personnel — was expanded to allow soldiers time

to reacquaint themselves with families and provide time to readjust to home station. It also rewards soldiers for arduous periods of duty in which they were separated from family members, officials said.

The Homebase and Advanced Assignment Program is expanding to specialists and corporals who have re-enlisted at least once, beginning March 1. HAAP participants can return to their current duty station after completing a dependent-restricted tour or get orders to their follow-on station before leaving the country.

HAAP was established in the 1970s for officers and noncommissioned officers to reduce permanent-change-of-station costs and increase stability for soldiers and their families, according to Kenneth Emerson, chief of the specialized support team for Enlisted Personnel Management Directorate, U.S. Total Army Personnel Command.

There are two options for

soldiers under HAAP: either homebase assignments or advanced assignments.

Under the homebase assignment option, soldiers can leave their family members at their current installation and then return for another tour after completing a dependent-restricted tour. Families residing on post will be able to remain in housing.

Homebase is the option used most, said Lt. Col. Noble Lugo, a finance action officer with the Office of the Deputy Chief of Staff for Personnel.

Soldiers who receive a homebase assignment must sign a statement indicating that they understand the intent of the program and know that they are expected not to use their dependent PCS entitlements unless the assignment is cancelled, according to AR-614-200 Enlisted Assignments and Utilization Management.

The second part of HAAP is advance assignment. Along with their assignment notification to a

dependent restricted tour, soldiers will also receive the location of their follow-on assignment before leaving the country, Emerson said.

“In the past, soldiers had little input into their follow-on assignments and those that tried relied on DA Form 4187s to inform PERSCOM of assignment preferences,” Emerson said. “Now through the Assignment Satisfaction Key, ASK, soldiers have the opportunity to influence their next duty assignment.”

ASK is an Internet tool that allows soldiers the capability to post assignment preference information directly onto the Total Army Personnel Database. Soldiers will need to use their Army Knowledge Online account password to gain access to the information. Army Chief of Staff Gen. Eric K. Shinseki has directed that all soldiers get an AKO account.

In many cases families who are moved to the follow-on location are not granted on-post

housing, Lugo said. It’s an installation decision, he added.

The decision to extend HAAP to eligible specialists and corporals came after senior leadership in Korea requested that all soldiers be included in HAAP, Emerson said. However, it would be difficult to manage and would hinder readiness flexibility if expanded to the entire enlisted force, Emerson said.

“Our goal is to provide stability by making an assignment commitment to the soldier and family prior to the soldier’s departure.”

PERSCOM’s goal is to match HAAPs with soldiers’ assignment preferences, officials said, but added there will be cases where the soldiers’ preferences cannot be met because of Army Manning the Force priorities. The expanding of HAAP to selected specialists and corporals will not apply to soldiers currently in Korea or placed on assignment instructions prior to March 1, officials explained.



Photo by Esther Garcia

▲An Apache helicopter was on display during the Foulois Ceremony celebrating the 92nd anniversary of the first military flight. Also on display were a Black Hawk and a Kiowa helicopter. The helicopters belong to the 4th Brigade, 1st Cavalry, Fort Hood, Texas.

Kiowa Warrior, Apache, Black Hawk on display

From Ceremony on Page 1

101st Airborne Division, 8th U.S. Army in Korea and as Deputy Commanding General, U.S. Army Aviation Center. Teeter culminated his distinguished Army career first as Deputy Inspector General for the Army, followed by two years as Chief, Joint U.S. Military Assistance Advisory Group Philippines. Teeter retired from active duty in 1991.

“Can you imagine in 1910 a gentleman climbing into an airplane, checking the engine and taking off for the very first time, flying solo around this parade field, all by himself for the very first time,” said Teeter. He then said Foulois not only flew his first military aircraft, but it was his first take off, his first solo, and his first crash, all in seven minutes. “We are honored to celebrate the occasion with him, thankful for the occasion and the legacy has been substantial,” continued Teeter.

Teeter then said that legacy is one that you see represented by some of the helicopters that are on display, referring to the Kiowa Warrior, an Apache, and a Black Hawk from 4th Brigade, 1st Cavalry, Fort Hood, Texas. They are extraordinarily capable and are a symbol of the legacy of the first military aircraft and the first military flight that we celebrate today. There will be others as well.

Teeter also said the legacy is broader than just Foulois and his flight. The legacy also encompasses the spirit represented by every pilot and certainly represented by those members of the Order of Daedalians. That is the spirit of courage, independence, analytical thinking, which is characteristic of pilots, he noted. “Those kinds of qualities in a broad sense are the kinds of things that are the legacy that we all enjoy today. Air power is part of everything our Armed Forces does whether it is on the ground, on the sea,

or absolutely in the air, and that legacy is the key to the whole thing in my mind. We are blessed to have it and every pilot in this group who has pressed at one time or another in his path the boundaries of the legacy established by Lt. Foulois and everyone who has contributed to aviation as we know it today,” said Teeter.

In conclusion, no ceremony marking the first military flight would be complete without us paying tribute to those who fly today. T-38s from the 12th Flying Training Wing, Randolph Air Force Base, flew overhead, as Teeter concluded, “If that is not a tribute to those who fly in harms way, I don’t know what is.”

Teeter then joined Walston in the traditional wreath laying at the Foulois monument, which commemorates the birthplace of military aviation.

The ceremony concluded with the rendering of the service songs by the 323rd Army Band led by Chief Warrant Officer John Fraser.

Be aware of FSH stray animal policy

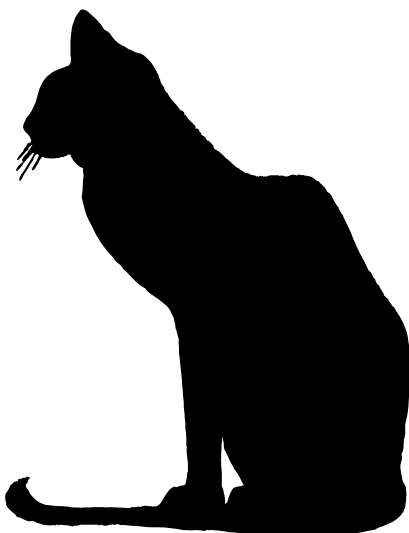
In accordance with Fort Sam Houston Regulation 40-3, stray animals are not allowed to run loose on post.

Animals impounded by the military police are taken directly to San Antonio Animal Control, located at 210 Tuleta St. near Brackenridge Park and the San Antonio Zoo.

To find a lost animal, you may contact San Antonio Animal Control at 207-6660. Animals not claimed within three working days will be disposed of through adoption or euthanasia.

For more information:

Contact the
Fort Sam Houston
Veterinary
Treatment Facility
at 295-4260.



Shinseki: Transformation more than vehicles

By Staff Sgt. Marcia Triggs
Army News Service

Transformation is underway, but the momentum has to be picked up to meet aviation and logistics challenges, said the Army's top soldier at the annual Association of the U.S. Army Winter Symposium March 4.

"I'm very appreciative of where Transformation is today," said Army Chief of Staff Gen. Eric K. Shinseki. "Two and a half years ago people couldn't spell Transformation, but today it's a term recognized and used to describe ... a large organization challenging itself to change."

More than 100,000 soldiers and civilians attended the two-day symposium in Fort Lauderdale, Fla., where the Army unveiled its interim armored vehicle Feb. 27 to March 1. The Stryker, named in honor of two enlisted Medal of Honor recipients, is a wheeled vehicle designed

to give light forces mobility and sustainability.

Transformation, however, is more than combat vehicles and Shinseki said his focus will change to the modernization of aviation and logistics.

Shinseki has always contended that 80 percent of items deployed are repair parts, fuel and ammunition. In order to successfully transform into the Objective Force, the logistics load has to decrease, he said.

The Stryker, which has 10 common variants, was designed to reduce the transport of repair parts, officials said. Interim brigade combat teams at Fort Lewis, Wash., will be the first units to receive the IAV family, and Shinseki said that soldiers are re-enlisting and extending to get to Fort Lewis to be where Transformation is taking place.

Forces Command, which is the major command that Fort Lewis falls under, is vital to Transformation, said Gen. Larry

Ellis, FORSCOM's commanding general. Troops are the primary executors of Transformation, he added. FORSCOM is the higher headquarters for stateside deployable divisions.

The 4th Infantry Division at Fort Hood, Texas, is the Army's first digitized division, which means the division will be equipped with technology that generates, stores and processes data.

A lot has been done, but more has to take place before the Army reaches the Objective Force, Shinseki said. However, pay raises and housing and stabilization incentives are being made to transform the Army's personnel practices, he said.

"I would encourage both soldiers and family members to read the Army's Vision Statement," Shinseki said. "The Vision is people, readiness and Transformation. Right now we're taking care of the people who keep the Army at the quality it is today."



Gen. Shinseki
Army Chief of Staff

AG goes online

The Web site of the Adjutant General of the Army has a new face to help surfers access information.

"TAGD Online is now available to help "e-enable" the soldier," said Lt. Col. Thomas H. Palmatier, the executive officer to The Adjutant General Directorate. The site includes an easy to use "A to Z" listing that takes users directly to the information they're looking for. TAGD online is under constant revision to make it easier for customers to use, he said.

Soldiers are encouraged to check back often and provide suggestions for improvement. The site can be accessed at <http://www.perscom.army.mil/tagd/index.htm> or through PERSCOM Online at <http://www.perscom.army.mil> by clicking on The Adjutant General Directorate.

TAGD Online is another example of Personnel Transformation, the heart of which officials said is to give soldiers more ways to easily get information and to manage their own careers through initiatives like the Assignment Satisfaction Key and Official Military Personnel File Online.

The following subjects can be found on TAGD online:

- Casualty Reporting
- Mortuary Affairs
- Casualty Assistance
- Repatriation
- POW/MIA
- Security Clearance Adjudication
- Defense Integrated Military Human Resources System
- Army University Access OnLine
- Montgomery GI Bill
- Education Benefits
- GI to Jobs
- COOL
- Loan Repayment Program
- Enlisted Records
- Enlisted Boards
- SIDPERS
- eMILPO
- SuperServer
- Military Mail
- Promotions (all grades)
- Selection Boards (Officer, Warrant)
- OER/NCOER
- Appeals and Corrections
- Officer Records
- DA Secretariat
- Awards Branch
- Army Career and Alumni Program
- Retirements and Separations (all grades)
- Leaves and Passes
- DEERS/RAPIDS
- Common Access Card
- TRICARE Dental Program
- Voting
- Naturalization of Non-Citizen Soldiers
- Gifts to the Army
- Retirement Services
- Army ECHOES
- Records Management
- MARKS
- Army Postal
- Declassification of Records
- Heraldic Services
- Ribbons, Insignia, Flags, etc.



Most on-post fireplaces are unsafe for use

These Fort Sam Houston homes were built between 60 and 110 years ago

By Don Young
Special to the News Leader

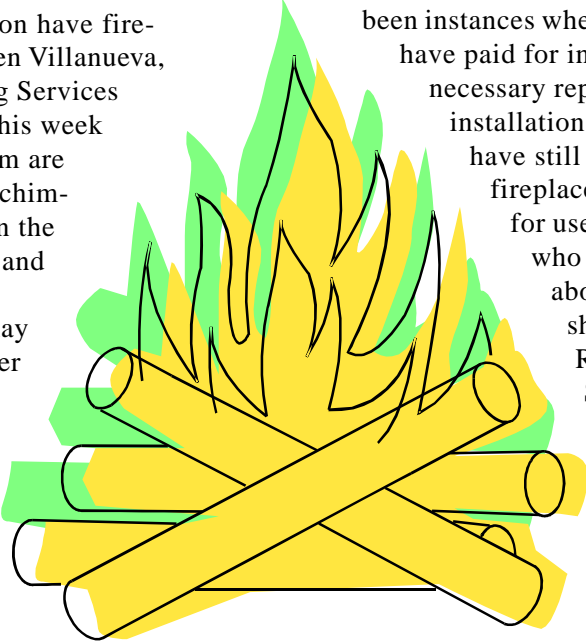
Many of the older homes on Fort Sam Houston have fireplaces, but Ruben Villanueva, chief of Housing Services warned earlier this week that most of them are unsafe. In fact, chimneys in homes in the Staff, Artillery, and Infantry Post housing areas may not be used under any circumstances.

Residents in the Dickman, Wheaton-Graham and Gorgas Circle housing areas may seek certification only at their own expense.

When these homes were built, fireplaces were the only means available to heat them. Over the years, central heating and air conditioning was added and the fireplaces fell into a state of disrepair when residents stopped using them regularly.

"The newest on-post home with fireplace was built over 60 years ago and some are more than 110 years old," Villanueva said. He added, "As in past years, residents who want to use their fireplace must first hire a certified fireplace inspector to approve its use."

After the fireplace is inspected, the resident must bring a copy of the inspection report to One-Stop Housing Operations Building 367. Residents are cautioned that if an inspection report contains a disclaimer denying responsibility or liability, it will not be accepted. Following that inspection, the Fire and Emergency Services Office must certify the inspection. Residents



are further cautioned that there have been instances where residents have paid for inspections and necessary repairs, but that installation fire inspectors have still found the fireplace to be unsafe for use. Residents who have questions about this subject should contact Regina Simmons at 221-2341.

Villanueva also noted that in the past, residents have paid to have chimney sweeps clean and inspect their chimneys. They are cautioned that most chimney sweeps are not licensed to perform fireplace safety inspections and cannot provide the necessary certification.

"Unfortunately," Villanueva added, "we don't have funding available to pay for the necessary inspections, let alone the cost of repairs. There is a good chance that those funds will never be available since fireplaces now provide only an aesthetic value," said Villanueva.

Heating a home with a fireplace is not economically feasible since the central heating system must be shut down to prevent heat from escaping up the chimney.

Villanueva also added, "Residents may be held responsible for damages to the home if the fireplace is used without the proper inspections and permissions."

Editor's note: Young handles customer relations for Public Works and can be contacted at 221-5008.

Guardsmen on duty

From **Guard** on Page 2 mission in Title 32 status as well.”

The third status is Title X, under which a National Guardsman is mobilized, goes overseas, and performs a federal wartime mission, the general noted.

“When placed on full-time Title X duty, the National Guardsman becomes a full-time member of the active duty Army or Air Force,” Davis pointed out. “This dual state and federal status provides the nation with a very flexible force for homeland security.”

Today, guardsmen are on duty in each status, he said. The Army and Air Force have mobilized more than 26,000 guardsmen under Title X to participate in Operation Enduring Freedom and Operation Noble Eagle.

Noble Eagle is the official name given to the U.S. military operations associated with homeland defense and support to federal, state and local agencies in the United States. More than 80 percent of the aircrews flying more than 120 Air Force fighters in

Noble Eagle combat patrols are Air National Guardsmen.

Operation Enduring Freedom is the code name for the fight against terrorism in Afghanistan.

“We have more than 7,000 people providing security at airports and another 2,200 providing security at National Guard facilities under Title 32,” Davis said. “We also operated under this status to provide more than 4,000 guardsmen from 23 different states to bolster security at the Winter Olympic Games. There were more American soldiers in Salt Lake City than there are in Afghanistan.”

Governors are using guardsmen for homeland security missions, too, Davis noted. “They currently have about 1,500 people on duty in various states providing security at nuclear power plants, ports, bridges and other potential targets.”

He noted there’s a National Guard armory in nearly every hometown in America. “We expect our long experience and

demonstrated ability to serve as a channel of communication between the federal government and the states provides a strong basis upon which to build stronger homeland security in the future,” Davis said.

The general said the Guard’s Distributive Technology Training Project enhances communications connection between the National Guard and civilian governments. He noted that the system of 300 classrooms across the nation allows information in a variety of media – audio, video and data – to flow to multiple locations at the same time.

“In addition to training, this system has also been successfully used to augment our operational command and control needs from time to time,” Davis said. “Most recently it filled a critical need in support of the World Trade Center and the Olympics.

“We see some real potential for this system to compliment the nation’s abilities in homeland security,” he said.

Post commander changes BAMC gate schedule to improve emergency access

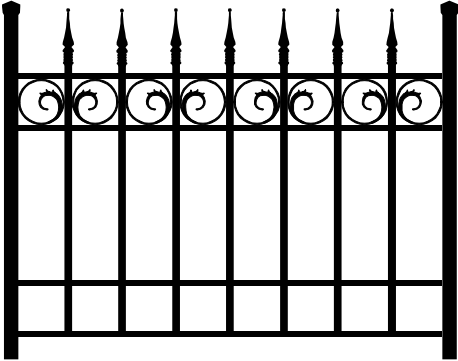
For quicker, easier access to emergency services at Brooke Army Medical Center, the security gates to the BAMC complex are scheduled for a change of hours April 1.

The gate at I-35 and Roger Brooke, sometimes identified as the north BAMC gate, will become the full time primary access, open 24 hours a day, seven days a week. It will also be the only gate at BAMC, after April 1, where visitors can obtain vehicle passes. The south BAMC gate at Roger Brooke and Binz-Engleman Road, near the Salado Creek crossing, will only be open Monday-Friday, 5:30 a.m.-5:30 p.m. It will be closed Saturday, Sunday and holidays.

Force protection measures established access controls at the BAMC gates in the heightened security climate following the Sept. 11 attacks. Schedules have been adjusted periodically to accommodate workforce traffic flow, personnel capabilities of the security force and the welfare of patients, with safety balanced against service.

According to James Hobson, BAMC Provost Marshal Office, this latest refinement gives direct access to the BAMC Emergency Room from I-35 at any hour of night or day, and the Emergency Room sign is clearly visible from the gate, reducing confusion and delay when seconds can be critical.

(Source: BAMC Public Affairs)



Black History trivia answers

In recognition of Black History Month during February, a series of trivia questions about well-known events and personalities was published. The following are the answers to last week’s trivia questions, which appeared on page 4:

- 1. Mahogany
- 2. Harry S. Truman
- 3. Alice Walker
- 4. Bo Jackson
- 5. BET Holdings



NCOs give input in combat vehicle design

By Staff Sgt. Marcia Triggs
Army News Service

Behind the scenes, four noncommissioned officers are making sure that the Stryker, the Army's interim armored vehicle, meets the needs and desires of soldiers.

"We ensure that whatever the soldier wants or whatever makes sense for the soldier is incorporated in the end design of the vehicle," said Master Sgt. John Wagner, the Armor Center liaison for Training and Doctrine Command System Manager.

As a rule when TRADOC System Manager offices are established, the staff consists of mainly acquisition officers, but they also like to add senior noncommissioned officers so there's a perspective from the guy who

always has mud on his boots, Wagner said.

Wagner has been working with the IAV since November 1999, and said that his experience as a cavalry scout, tanker and 10 years with the 82nd Airborne division at Fort Bragg, N.C., doing light armor and light infantry operations prepared him for his role on the IAV team.

The team of NCOs whose job is to represent the soldier is Wagner, from Fort Knox, KY; Master Sgt. Randall Rankin, from the Tank and Automotive Command at Warren, Mich.; Sgt. 1st Class Earl Maddox, from Fort Benning, Ga.; and Sgt. 1st Class John Hill, from Fort Benning.

"We've been very instrumental in giving the soldier's perspective," Rankin said.

"From talking to other



Photo by Staff Sgt. Marcia Triggs

NCOs who have worked on similar projects, this is the first time our input has really been taken into consideration, and we've had the leeway

to say what is good, what needs to be changed or fixed."

Many of the requests to help the soldiers were part of the operational

requirement document and the mission needs statement outlined by the Department of the Army, Rankin said. The NCO team is making sure that those

Master Sgt. Randall Rankin, senior enlisted advisor to the Training and Doctrine Command System Manager's program manager, explains how reinforced netting on the Stryker will prevent rucksacks from being brushed off the vehicle when going through wooded areas.

key mission requirements are being engineered into the design, he said.

One example of those requests that will be implemented is to store four anti-tank missiles in the vehicle to give an infantry squad some anti-armor capability. Also the 50-caliber machine gun or the grenade launcher can be fired from inside the vehicle, Rankin said. The commander doesn't have to stick his head out of the vehicle to fire a weapon, he added.

The IAV has 10 variants that include the Infantry Carrier vehicle, Mobile Gun System, Anti-Tank Missile Guided Vehicle, Reconnaissance Vehicle, Fire Support Vehicle, Engineer Squad Vehicle, Mortar Carrier Vehicle, Commander's Vehicle, Medical Evacuation Vehicle, and a Nuclear Biological and Chemical Reconnaissance Vehicle.

"The platform for the vehicles in the IAV family was based off the design General Motors created for the

Canadian Army, Wagner said. "All 10 variants of this vehicle have a great deal in common, and that's what we wanted to shrink logistics.

"Now maintainers don't have to worry about stockpiling repair parts for 40 to 50 different vehicles. We're only supporting 10 primary vehicles now."

Designated interim brigade combat teams in Fort Lewis, Wash., will be the first to perform operational testing on the IAV in Spring 2003, according to Army officials.

The wheeled vehicles travel up to 60 miles per hour and carry a driver, commander and up to nine passengers.

"Soldiers are going to be very happy with this vehicle, and I think that it's going to meet their needs," Rankin said. "It's going to provide them more mobility because it's wheeled, and the wheels, along with the way we've designed the suspension of the vehicle, is going to give them a better ride to the battle."

Sunrise Service at the Quadrangle

The U.S. Army Medical Department Center and School and Fort Sam Houston will conduct a Christian Ecumenical Easter Sunrise service at 6:30 a.m., March 31 at the Fifth Army Quadrangle, corner of North New Braunfels and Grayson Streets.



Spring youth horsemanship program set

The Fort Sam Houston Riding Stables will conduct a Spring Youth Horsemanship Program on March 11 through 15. Classes are open to young riders (experienced or not) between the ages of seven and 18. The weeklong course is designed to introduce participants to all aspects of horsemanship. The classes will run from Monday through Friday from 9 a.m. - 3 p.m. Cost is \$125 per student.



For more information,
call Cindy Tripoli at
224-7207.

Anthrax vaccine announcement expected within the month for military personnel

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

Defense officials expect to announce within a month what shape the new Anthrax Vaccine Immunization Program will take.

In 1998, the department began an aggressive program to vaccinate all service members against the disease – a potential biological warfare agent. The vaccination program came under public criticism because of some service members’ fears about the vaccine’s safety.

Critics became more vocal when Defense officials scaled back the program several times due to vaccine shortages. Bioport, the sole manufacturer of the vaccine, worked with the FDA for over more than years to gain approval of its renovated facilities as supplies of FDA-released anthrax vaccine dwindled.

Bioport received final FDA approval in January to resume production and distribute more vaccine. Defense Department officials are now looking at how or even whether to continue the previous program of full vaccination of all



service members. “We’ve undergone a very thorough process during the last several weeks looking at options and have discussed those with people both on the military medical side as well as the non-medical side (and civilian leadership, and we will soon be making some announcements,” Dr. Bill Winkenwerder said.

Winkenwerder is the assistant secretary of defense for health affairs. He said he understands the concerns service members have and

wants to allay any fears among the troops and the American public.

Military medical officials have asked the Armed Forces Epidemiological Board and the Institute of Medicine to conduct a scientific review of the safety of the vaccine and report back to the department. Winkenwerder said he expects those reports to be “available in the near future.”

DoD is working with the Centers for Disease Control and Prevention in Atlanta on clinical studies into how the vaccine is administered. Currently, the FDA-approved regimen is six shots over 18 months.

DoD officials would like to find out

if that could be reduced to five or even four shots over a shorter period of time, said Army Col. Randy Randolph, director of the Anthrax Vaccine Immunization Program Agency. Randolph said the CDC is ready to begin enrolling volunteers for clinical studies designed to determine if the number of doses can be reduced while maintaining the same level of immunity. Any change will require FDA approval.

The study will also look at the method of administering the vaccine to see if it’s possible to reduce the injection-site reactions currently reported.

The most common side effect associated with the anthrax vaccine is a localized, minor reaction at the site of injection. Randolph said roughly 30 percent of men and 60 percent of women report minor reactions less than an inch in size.

More serious reactions are rare, he said. Less than one percent of men and women receiving the vaccine report a local reaction of larger than five inches.

Today the only FDA-approved method of injecting the vaccine is to do so subcutaneously, meaning it is injected just below the skin. A

pilot study indicated injecting the vaccine into muscle tissue, called intramuscularly, might reduce such reactions tenfold, Randolph said.

Local reactions are not dangerous, but Randolph said they are still worth trying to reduce. “No one likes swelling, and no one likes pain and redness,” Winkenwerder said DoD began vaccinating troops “in response to a perceived threat of anthrax being used as a biological terror agent.” Anthrax-laced mail delivered to various government and media offices in October 2001 show those concerns to have

been well founded.

Whatever form the military vaccination program takes now, Winkenwerder said he is confident this vaccine works and is safe. “Our primary concern is the safety and the health of ... the service men and women and their families,” he said.

“On the basis of the FDA’s review and the basis of very extensive work we’ve done and others outside of DoD have done to look at the safety and effectiveness (of the anthrax vaccine), we believe — and I personally believe — that this is a safe and effective vaccine.”

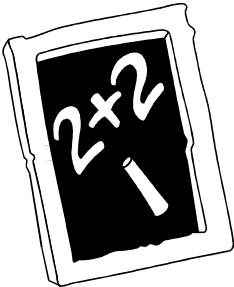
Join the
mentor
program
today!

Go to:

The Fort Sam
Houston Mentor
Program office,
in the Installation
Chaplain’s office,
Bldg. 2530.

Call:

Iva Winslow
or Nancy Moore,
Mentor Coordi-
nator at 221-5005
or 5007.





Ask the ITBC Solutions Man

Q: I have a computer that's about a year old and is starting to have problems. I was going to call it in to the Help Desk but a co-worker told me I should wait because I would be charged for each work order. Is this true?

A: No. Most people don't realize that their computer is covered under a monthly maintenance fee. You can call the ITBC Help Desk once a month, or one hundred times a month (Solutions Man hopes your computer isn't that bad off). Either way, the amount charged will always be the same unless the actual hardware needs to be repaired or replaced.

Q: Why can't I install my own programs on my computer at work?

A: Solutions Man hears this question a lot. If you're like me, you like to have the latest and greatest

software on your system. Unfortunately, there are some applications that don't perform well when installed with other applications or operating systems. When an application is incompatible with the O/S, it can cause your computer to behave erratically; maybe even crash it.

If you have an application that needs to be loaded on your computer and is for official use only, submit it to ITBC just to make sure that licenses are available and that it won't interfere with any of your existing applications or utilities. Once it's approved, an ITBC technician will be assigned to install it for you either remotely, or in person.

Q: I keep hearing that we shouldn't turn off our printers and computers. How come?

A: Because evenings and early mornings are the best time for the techni-

Got a computer question?
▼
Send it to Solutions Man at solutionsman@amedd.army.mil.

cians to perform maintenance and updates. From time-to-time ITBC needs to apply upgrades, security patches or utilities on your workstations and printers. This is usually done at night using an automated software delivery utility called Tivoli so the software install won't interfere with your daytime activities.

Solutions Man would like to remind you to always lock your workstation when you're away from your computer! Not only is it the secure thing to do – its Army policy!

Amy Knowledge Online unveils 'Collaboration Center'

By Patrick A. Swan
Army News Service

A "collaboration center" to let Army Knowledge Online customers hold Internet conferences with other users became a standard AKO feature in February.

The center serves as a "chat room" for users to discuss specific Army issues. Such conference rooms enable an AKO user and other individuals to talk to each other simultaneously.

"This is part of the continuing evolution of AKO," said Col. Robert L. Coxe, G-6's chief technical officer. "We wanted to give soldiers a place to either exchange concepts and ideas or to be able to discuss a particular document online."

Since chat is a part of AKO Instant Messenger, users must be running AKO Instant Messenger to chat. By creating a chat room as a "moderated" room, only operators and moderators can participate, or "speak," in that room.

"When you create a chat room, you decide who does what," said David Hale, AKO's chief technician.

Coxe added that the Collaboration Center is both secure and persistent. Thus, when a given chat is completed, its text does not vanish. Rather, the chat room administrator can edit, save and archive the session as a text document for later viewing by anyone given access.

A systems adminis-

trator with the 1st Armored Division in Germany recently praised the AKO collaboration center as, "pretty damn cool."

"Tell the gang (AKO folks) that put it up 'Good Job!' and pat them on the back," said Spc. David A. McLemore, of 1st Brigade, 1st AD. "My guys used the (heck) out of AKO-S (the secret-level AKO site) at the recent Victory Focus (V Corps exercise). A lot of them like using the Web mail there better than having to use their SIPRnet (secret-level, organic) e-mail accounts. (With AKO-S), they can go to any SIPRnet machine and check their e-mail. And since they don't have to go through my shop to get an account, they can move a lot faster."

"I can see it now," McLemore added, "entire chat channels dedicated to exercises/new computer systems so that when soldiers run into a problem on the systems they can put a 'shout' out for help."

While the Collaboration Center was designed to help soldiers in coordinating documents, concepts or information papers, Coxe said he really had no preconceived notion on how it might be used in practice.

"We are going to be surprised," he said. "Soldiers have an amazing way of figuring out practical uses for themselves independent of what we designers might think."

For instance, Coxe said, soldiers are using the chat rooms to

conduct after-action reviews. He also described how some military police use it for briefing off-duty shifts online. Soldiers in those off-duty shifts participate from home or remote computer workstations, rather than assembling en masse at the MP station.

The Collaboration Center's conference rooms complement the AKO Instant Messenger, which allows users to communicate through a Web browser with other Bantu Messenger users [the AKO default standard], and users of ICQ, Yahoo! Messenger and MSN Messenger on Windows, Macintosh and Unix. An instant message is a private, two-way communication online between a user and others.

Hale said AKO Instant Messenger is the only instant messenger that allows users to send instant messages to users on ICQ, Yahoo! Messenger, MSN Messenger, and Bantu.

"AKO Instant Messenger requires no software to install, and all settings are stored on AKO's servers, making it the easiest Instant Messenger solution for users who move between computers often," he said.

AKO Instant Messenger is a secure means to maintain privacy, Hale said, because it uses an encrypted protocol between client and server, so users can be sure that messages sent between AKO Instant Messenger users are not being read by other people.

Nevertheless, AKO Instant Messenger works unbelievably well through firewalls and proxy servers, Hale said.

"In many cases, AKO Instant Messenger is the only way to connect to ICQ, MSN, and Yahoo!," he said.

The AKO Instant Messenger contact list is similar to other instant messenger contact and buddy lists. It also automatically synchronizes with one's MSN Messenger and Yahoo! contact list whenever connected to their networks.

In addition, Hale said any changes a user has made to his contacts or blocked list from another client will automatically be updated. The exception is ICQ, which stores its contacts list on a user's computer, and not on a central server. As a result, there is currently no way for AKO Instant Messenger to import ICQ contact lists.

A user's contact list is a list of people to whom one can easily send instant messages. They could be co-workers, relatives or other people. By running AKO Instant Messenger, users can see if their contacts are online and available for a conversation.

A contact list can contain people from any instant messaging network which one is connected.

There is no limit to the number of AKO Instant Messenger contacts. Users may have up to 1,000 contacts per group, and an unlimited number of groups.

DFAS Expands Web-based financial services

By Gerry J. Gilmore
American Forces Press Service

DoD civilian employees can access even more financial information services through an improved Defense Finance and Accounting Service Internet site. Upgrades made in December 2001 to the agency's computerized Employee/Member Self-Service system now allow DoD civilians to make online changes to their state tax withholding; to start, change and stop U.S. Savings Bond purchases; and to view and print 2001 W-2 forms, according to Jim Pitt, deputy director of DFAS electronic commerce, military and civilian pay services.

"We want to empower our military and civilian employees to have greater control over their payroll records," Pitt explained, adding that DFAS officials anticipate that military members will have online access to their

W-2s next year. Using the self-service Web site, Pitt noted, is a more efficient way of doing business that's more accurate, saves paper and time, and reduces redundancy. Instead of having administrative specialists re-input employee-provided information, employees can use the system to enter their data themselves, he said.

Another new DFAS self-service Web link, Travel Advice of Payment, allows military and civilian personnel to view and print their paid travel vouchers online, Pitt noted. At first, only payments made after Oct. 2, 2001, by the agency's Cleveland, Indianapolis and Columbus, Ohio, centers will be available. Other payment locations will be made available soon.

Military members and civilians can also use the Web site, <http://www.dfas.mil/emss>, to stop the mailing of their Leave and

Earnings Statements, Pitt said. Customers now, he noted, can simply print the statements that have been posted online.

Pitt said the DFAS Web site offered a variety of services to military and civilian personnel even before the December upgrades. They've been able to access, view and print their electronic Leave and Earnings Statements; change federal tax withholding; and change direct deposit information.

Civilians can also use the Web site to file address changes and start, stop, or change allotments, he added.

DFAS serves roughly 5.5 million active duty and reserve military, retired military, annuitants (such as widows) and DoD civilians, Pitt remarked.

The improved Web site, he noted, greatly enhances service for those customers. "It is a user-friendly site and offers things that



Photo by Ray Turner
Fort Sam Houston Employees of the Quarter for 1st Quarter of FY 2002

▲Left to right, William Havlic, evaluation analyst with the Deputy Chief of Staff for Operations, Headquarters, Fifth U.S. Army, winner in Band II; Charles Kennedy, Supervisory Military Personnel Management specialist with the Human Resource Business Center, U.S. Army Garrison, winner in the Supervisory Category; Linda Wenck, supply technician with Academy Battalion, Center Brigade, U.S. Army Medical Department Center and School, winner in Band I; and Carmen Pohler, administrative assistant with the Community and Family Support Division, ASCPER, Headquarters, U.S. Army Medical Command, winner in the Non-Appropriated Funds category.

people have been asking for. We've had a lot of positive feedback from our customers," he concluded.

To access the Employee/

Member Self-Service system, customers need number that can be obtained by calling the system Customer Support Unit at 1-800-390-2348.

The Army Family Action Plan will conduct the 2002 Fort Sam Houston Community Forum, "Turning Your Ideas into Actions" on March 29 from 7:30 a.m. to 5 p.m. at the Roadrunner Community Center.

What is a Community Forum? It is an annual meeting of interested parties gathered to focus on programs, services, and quality of life issues pertinent to the Fort Sam Houston Community.

It is a voluntary effort involving active duty, reserve, guard, retirees, civilian employees, spouses, and teens.

The AFAP mission is to provide soldiers and families a mechanism that alerts leadership to quality of life concerns and to administer a formal process that works

toward Army well being. During its 18-year history, the AFAP program has spearheaded 62 pieces of legislation, 128 policy changes, and 127 new or improved programs or services.

The backbone of the AFAP program is at the local level where AFAP delegates develop and rank their concerns. Many of the issues are solved at the installation; those that require a higher level of authority are sent to the major command and to the Department of the Army.

The first step is that individuals prepare and submit their issue papers with recommendations. This is the most important aspect of the process because this input provides the basis for the Community Forum.

The next step in the forum process is the

gathering of delegates. Delegates will be selected from the garrison and tenant commands to represent a cross section of the Fort Sam Houston Community. If you are interested in serving as a delegate to the forum, please contact Kim Miller at 221-2705/2418.

During this event, delegates are divided into groups to evaluate and prioritize issues. Subject matter experts are on hand to provide pertinent information on each issue under discussion. At the closing, each work group provides a report out of their selected list to command and installation leadership.

Then, after the forum, the action officer reviews and provides feedback to the individuals who submitted issues and

2002 COMMUNITY FORUM ISSUE PAPER
(Type or print clearly and return no later than March 15, 2002)

Issue Submitter's Name _____

Mailing Address _____ City _____ State _____ Zip _____

HomePhone _____ WorkPhone _____ FAX _____

Email _____

ISSUE: (A few words summarizing the problem or concern)

SCOPE: (Describe one specific problem or concern in a paragraph form. Include enough information to ensure that the issue will be understood by all who read it. Reference any laws, regulations, or policies that impact the issue, if you are aware of any.)

RECOMMENDATION(S): (Include no more than three specific recommendations related to the single issue described above. Recommendations may include new or revised laws, regulations, or policies; new or improved programs, services or facilities; new or enhanced methods of disseminating information; etc.)

Personal Information will be used for administrative purposes only. It will allow us to receipt for your issue, obtain clarification if necessary, and provide after-action feedback. It will not be seen by commanders for forum participants.

the community.

Lastly, the Garrison Commander convenes a steering committee to facilitate action on the issues selected by the delegates. A plan of action is developed for each issue and those requiring higher coordination are forwarded to MEDCOM for further consideration for action.

Issue updates are

provided to the
community biannually.

For more information call Kim Miller, Installation AFAP Coordinator, at 221-2705/2418.

Use the following guidelines when preparing an issue paper. Remember to submit only one issue per form. There are no limits on the number of issues you may submit for consideration. Use the form above as a guideline,

or as the actual form
on which you write
your issue.

- The document should be typewritten, if possible, and no more than one page in length.
- Write a brief statement summarizing the issue.
- Scope asks you to describe the problem or concern in paragraph form. This section should include enough information to ensure the issue will be understood by those who will read or

review it. Reference any laws, regulations, or policies that impact the issue.

- The recommendation(s) should be clear and specific. Prioritize recommendations, if you are submitting more than one with each issue paper. Examples of possible recommendations:
 - *Specific improvements to a facility, service, or program.
 - *Proposed new construction.
 - *Policy or regulation revisions.
 - *Proposed media or methods to disseminate information to specific personnel.

Before finalizing your paper we suggest that you review it to ensure that the following questions have been addressed:

- What am I trying to change?
- What are some alternative methods?
- What approach should they use?
- How many people are needed?
- How much time will it take?
- How much money will it require?
- What is the best possible method?

We hope that you will share with us what knowledge of the subject matter you do have.

Mail to: Army
Community Service,
Bldg. 2797, 2010
Stanley Rd., STE 95,
Fort Sam Houston,
Texas 78234-5095 or
fax to: 221-0632 or
email
kmiller@amedd.army.mil

Fort Sam Houston’s NCO club

March 2002

Club closed every Monday

Buffet

- Lunch Buffet Tuesday – Friday 11 a.m. to 1 p.m.
- \$5.95/\$4.95 for Club members (includes beverage, soup and dessert)
- Wednesday – Club closes at 2 p.m. (Open only for special events)

Bingo

- Bingo every Sunday (2 p.m.) doors open at noon
- Buffet is \$2.50 for Bingo players
- Bingo every Tuesday and Thursday (6:50 p.m.) and Saturday (12:50 p.m.)
- Bingo players eat free!!!!

TGIF

- Friday “TGIF” Karaoke
- Featuring Mike and Johnnie Roberson from 5 p.m. to 9 p.m.
- Cocktail Lounge “happy hour” from 5 to 6 p.m.
- D.J. Gary Dunn from 9 p.m. to 1:30 a.m.
- Free buffet for members from 5 p.m. to ??? (\$3 for non-members)

Come early and don’t be left out!!!

AMEDD NCO Academy announces:

ANCOC Dining In – March 14

Advanced NCO Course Class 032 Dining In will be held on March 14 at 7 p.m. at the NCO Club.

ANCOC Graduation – March 26

The AMEDD Noncommissioned Officers Academy Advanced NCO Course Class 032 will conduct a graduation ceremony on March 26 at 10 a.m. at Blesse Auditorium.

Car wash guide-lines

Residents may wash vehicles in family housing areas under the following restrictions:

- Always use a nozzle or shut off valve on the hose or use a bucket.
- Do not waste water by letting it run continuously.
- Do not park on the grass while washing the vehicle.
- Follow current water restrictions, when imposed.
- For more information call 221-4842.

AFTB announces spring schedule

Mark your calendars now for Army Family Team Building spring scheduled classes. Fort Sam Houston AFTB instructors and master trainers will be offering classes in all three levels during March, April and May. If you are super energetic you could start with Level I in March, attend Level II in April, finish with Level III in May and then move to your next assignment this summer with your complete AFTB training record. If you are not departing this summer, we’ll be recruiting new instructors and you can join the team. All classes will be held from 9 a.m. to noon in the Roadrunner Community Center. To register or for more information, call Connie Fretwell at 221-2705. Sign up for one or more classes from the following schedule:.

Level I Classes

March 19

Family and Military Expectations
Impact of the Mission on Family Life
Chain of Command/Concern
Military Terms, Acronyms, Customs

March 20

Military and Civilian Community Resources
Benefits, Entitlements and Compensations
Basic Problem Solving
Supporting Your Child’s Education

Level II Classes

April 9

Enhancing Relationship Building
Group Dynamics
Intro to Effective Leadership

April 10

Communication Skills
Conflict Management

Time/Meeting Management

April 11

Volunteer Management/Marketing
Understanding Needs
Crisis and Coping

April 16

Adapting to Change
Stress Management
Intermediate Problem Solving

April 17

Networking w/Community Agencies
Building a Resource Library
Family Support Groups

April 18

Military Grade and Command Structure
Traditions, Customs, Courtesies and Protocol
Benefits, Entitlements, and Compensation

Level III Classes

May 7

Building Self-Esteem
Motivating Factors
Personality Traits

May 8

Leadership Skills
Listening Skills
Leader Roles/Building a Cohesive Team

May 14

Group Conflict Management
Problem Solving Techniques for Leaders

May 15

How to Develop Presentations
How to Plan and Conduct a Workshop

May 16

Understanding the Total Army Organization
Political Issues and the Army
Effective Public/Media Relations

U.S. Army Promotions

March 2002



To Lieutenant Colonel:

Nathaniel Apator
Henry Howerton
William Quigley

To Major:

Rachelle Beseman
Herman Haggray
Eric Hughes
Shelley James
John Michna
Elizabeth Murray
Lee Porterfield
Brew Stanja
Louis Stout
David Thompson
Margaret Toillion-Steffens
Eric Warner

To Captain:

Kristin Amegin
Sean Burke
Mindy Keefer
Tony Mandugano
Christy Neill
Aaron Sears
David Vollbrecht
William Worthingwon
Kelly Wuthrich

To First Lieutenant:

Silvana French
Rochelle Gardner
Degratiious Jenkins
Paul McDonald
Michael Plueger
Elena Raspitha
Melissa Voigts
Rosemary Wosky
Katherine Yoshinari

To Chief Warrant Officer 5:

Suzan Farrell

To Chief Warrant Officer 3:

Harold Howe

To Master Sergeant

Maura Newby
Henry Williams

To Sergeant First Class:

Kenneth Bingham
Larry Brown
Charlie Coleman
Andrew Dozier
George Fitzgerald
Michael Hicks
Jeffie Jones
Eric Kosar
Samuel McMaster
Mark Moore
Wendell Mullen
Karl Nailling
Jason Osborne
Alfred Pemberton

Raymond Pequeno

Gerald Phillips
Theodore Rivera
Joel Shattan
Gorge Solis
Charles Stephens
German Villon
Lila Wilder-Brantley
Ricky Williams
Darrell Wilson

To Staff Sergeant:

Rodney Atwood
Latosha Bowen
Michael Bruder
Allen Byrd
Andrew Delarosa
Michael Elliott
Christopher Givens
Joseph Gott
James Griffin
Marie Hough
Robert Kubash
Robert Leborgne
Anthony Mack
Brandon Starkel
Dustin Storm
Darlene Thomas

To Sergeant:

Matthew Elmore
Daniel Herring
Michael McPeak
Liza Parker
Matthias Smith

Intramural Basketball Standings

As of March 1

Team	W	L
5 th Army	12	0
BAMC #1	10	2
Old School	9	3
232 nd Med Bn	9	3
BAMC #2	8	5
NCO Academy	8	4
DFAS	7	5
HHC MEDCOM	5	7
ITBC	4	8
SA MEPS	4	6
Co A STB	3	9
BAMC #3	3	9
228 th CSH	2	10
ISR	0	12
147 th Med Log	2	6 (Dropped)
STB (USAG)	2	4 (Dropped)



Feb 26			
ITBC	59	DFAS	48
Old School	52	BAMC #3	45
BAMC #2	45	BAMC #3	45
SA MEPS	45	ITBC	40
Co A STB	39	HHC MEDCOM	38
ISR	35		

Feb 28			
DFAS	48	HHC MEDCOM	19
BAMC #2	45	SA MEPS	42
SA MEPS	42	ISR	30
228 th CSH	57	Co A STB	54
NCO Academy	56	BAMC #3	31
Old School	65	232 nd Med Bn	53

Intramural Volleyball Standings

As of Feb. 28

Team	W	L
DFAS	4	0
BAMC #2	3	1
BAMC #1	2	1
147 th Med Log	2	2
5 th Army	1	2
BAMC #2	3	1
NCO Academy	0	3
HHC MEDCOM	0	3
Feb. 25		
147 th Med Log	2	5 th Army 1
BAMC #2	2	NCO Academy 1
DFAS	2	HHC MEDCOM 0
BAMC #1	2	147 th Med Log 0

Feb. 27			
BAMC #2	2	BAMC #1	1
BAMC #1	2	5 th Army	1
DFAS	2	147 th Med Log	0
DFAS	2	NCO Academy	0
BAMC #2	2	HHC MEDCOM	0

Don't forget pets during National Poison Prevention Week

National Poison Prevention Week is March 17-23 and the American Society for the Prevention of Cruelty to Animals Animal Poison Control Center would like to raise awareness of the importance of poison safety for pets. Thousands of pets suffer and many die each year by accidental ingestion of household poisons, including popular plants and common foods.

Here are some tips to help prevent your pet from being poisoned:

- Prevent pets from chewing and eating plants in your home and yard. Azalea, oleander, sago palm, and lilies are just a few of the many popular plants that can be fatal to animals.
- Most baits contain ingredients that may attract your pet. Never place rat, mouse, snail or slug baits, or ant and roach traps, in areas that are accessible to pets.
- Never give your pet medication, vitamins, or nutritional supplements unless told to do so by your veterinarian.

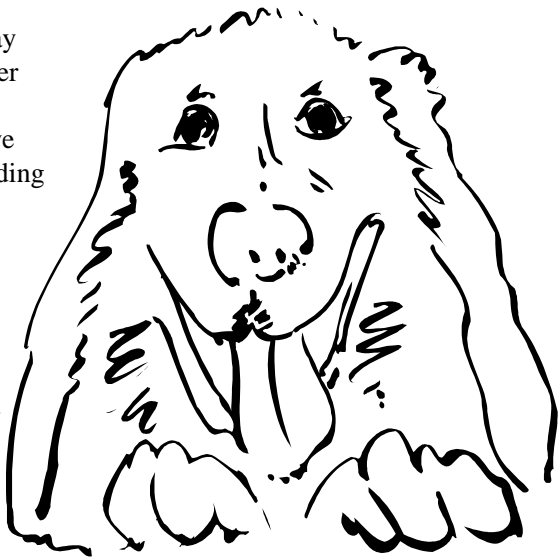
ian. Many medications and supplements that are safe for humans can be deadly to animals. Remember to keep all of these items out of reach. Many dogs can easily chew through a plastic pill bottle.

- Many food items can be toxic to pets. Here are just a few examples of potentially dangerous foods: onions, chocolate, alcoholic beverages, coffee, and avocados, grapes, and raisins. Make sure that your pet is fed only the food and treats recommended by your veterinarian.
- Automotive products such as gasoline, oil, and antifreeze should be stored and used in areas inaccessible to pets. Antifreeze is highly toxic, yet tasty, to cats and dogs. As little as one teaspoon can be deadly therefore, it is very important to clean up any spills that may occur when filling your car's radiator.
- Consult your veterinarian before buying any flea or tick products. Many products are not safe for

puppies, kittens, pregnant, or sick animals. Products safe for dogs may not be safe for cats. Also, the proper application instructions should be followed carefully. It is best to have your veterinarian advise you regarding flea and tick control.

If you suspect that your pet has been exposed to a poison it is important to respond rapidly. Therefore, keep the telephone number of your veterinarian, the local emergency pet clinic, and the Animal Poison Control Center near your phone. It is important that you provide these professionals with as much information as possible. Take the product container, as well as any vomited or chewed material collected in a plastic bag, to the veterinarian with you or have these items close by if you are phoning the information in.

These are just a few tips. More information can be found on the ASPCA Animal Poison Control Center



web site : www.asPCA.org/apcc
Telephone Resources:
ASPCA Animal Poison Control
Number is 1-888-426-4435
National Animal Poison Control
Center 1-800-548-2423
Ft. Sam Houston VTF 295-4260

Post library to start offering online resources

Using library resources has just become easier. The U.S. Army Community and Family Support Center Library Program has purchased online reference resources for all of the post libraries and their patrons – U.S. Army military personnel, family members and civilian employees.

These online sources provide accurate information on people, literature, countries, careers and current events. Patrons can search these online sources including a news service, encyclopedia, almanac, e-books and over 240 full text magazines from home or office using their Army Knowledge Online user id and password when they click on: <https://akocomm.us.army.mil/libraries/>

Products include: Biography Resource Center, Countrywatch.com, Ebsco Host: Military FullText Magazines, Career and Education Resource Center, NetLibrary-US Army General Library E-books Collection and Student Resource Center.





Photo by Emily Freeman

Bravo Company, 187th Medical Battalion wins Cup

Col. Kenneth R. Crook, Center Brigade commander, awarded the Brigade Commander's Cup to 2nd Lt. Rochelle M. Gardner, B Company commander. The students from B Company 187th Medical Battalion outscored the other companies in the Brigade by nearly 100 points and were declared Brigade champions. Initial Entry Training companies compete in brigade sports throughout the year and the company with the most points is awarded the Brigade Commander's Cup.

Main Tax Assistance Center

Hours of operation
Monday - Friday , 9 a.m. to 6 p.m.
Saturday, 10 a.m. to 6 p.m.
Sunday, noon to 5 p.m.

Satellite locations are available: Center Brigade Headquarters, Bldg. 902

Thursday 10 a.m. to 7 p.m.
Sign-in, Monday and Thursday 10 a.m. to 2 p.m.

Brooke Army Medical Center

Rooms 513-14 and 513-15
Tuesday 9 a.m. to 6 p.m.
Friday 9 a.m. to 6 p.m.
Sign-in Tuesday and Thursday, 9 a.m. to 1 p.m.



Sport Shorts



Lifeguard Training Classes - Will be held during Spring Break. The cost is \$130 and includes books and materials. Classes will be held at the Jimmy Brought Fitness Center indoor pool. Call Earl Young at 221-1180 or e-mail earl.young@cen.amedd.army.mil for more information.

Bench Press Contest - Contest on March 16 at 10:40 a.m. at the Jimmy Brought Fitness Center. Call 221-1234 or 221-1280 or e-mail lucian.kimble@cen.amedd.army.mil for more information.

Women's Varsity Softball - Players needed for women's softball team. If you are interested in playing, call Earl Young at the Jimmy Brought Fitness Center at 221-1180 or e-mail earl.young@cen.amedd.army.mil

Intramural Spring Softball - Letters of Intent due March 15. Coaches meeting will be held on March 25 at 1 p.m. at the Jimmy Brought Fitness Center. League starts April 8. For information contact Earl Young at the Jimmy Brought Fitness Center at 221-1180 or e-mail earl.young@cen.amedd.army.mil

Aerobathon - Three hours of non-stop aerobics at the Jimmy Brought Fitness Center on March 23, from 10 a.m. to 1 p.m. Entry fee is \$10 and includes T-shirt. For information call Lucian Kimble at 221-1234 or e-mail lucian.kimble@cen.amedd.army.mil

Scuba Diving Certification Classes - Earn your Scuba Diving PADI and NAUI certification at the Jimmy Brought Fitness Center Indoor Pool. The next class will start March 11 and will run for 2 – 3 weeks. All Scuba gear is furnished during the class (mask, fins, snorkel, boots, gloves, tanks, regulator, BC vest and wetsuit.) The course fee is \$190. Call 221-1234 for more information.

“Du An Indoor Tri” - Begins at the Jimmy Brought Fitness Center and Salado Park March 30. Entry fee is \$35 before March 24 and \$45 after. Check in at the Jimmy Brought Fitness Center no later than 7:30 a.m. on March 30 for bike inspection, check-in, body marking and USAT Membership processing. Call 221-4893 or 826-1888 for more information.

Recreation and Fitness Division News

Get Your Vehicle Ready for Spring - Save \$5 off on air conditioner service (plus the cost of freon). See the coupon posted on Fort Sam Houston Admin Information. The Fort Sam Houston Auto Craft Shop can help get your car in shape for the spring. Call 224-7046 for more information.

Youth Horsemanship Program - The Fort Sam Houston Riding stables will conduct a Spring Youth Horsemanship Program March 11 through 15. Participants will learn the fundamentals of riding and horse care. The program is for youth ages 7-18. Classes are from 9 a.m. through 3 p.m. and the cost is \$125 for the entire week. Spaces are limited, early enrollment is highly encouraged. For more information call Cindy Tripoli at 224-7207.

Hunter/Jumper Horse Show - March 23 starting at 9 a.m. Entry fee is \$8 per class or \$50 all you can ride. Government horses \$10 per class or \$75 all you can ride. All horses must have a negative Coggins Test. The next horse show will be the Hunter/Jumper on March 24. For more information call Cindy Tripoli at 224-7207.

Post-wide Garage Sale – Mark your calendar, May 4 from 7 a.m. to 1 p.m. at the Roadrunner Community Center Parking Lot. All participants must register by May 2 and all participants must sell from the Roadrunner Parking Lot. Call 221-2926 or 221-2307 for more information.

TRICARE For Life, retirees must update DEERS

Rejection! That's hardly the experience some 1.5 million jubilant military retirees and their family members expected when Congress voted to create the TRICARE For Life benefit last year for Department of Defense beneficiaries aged 65 and over.

Unfortunately, some elderly beneficiaries had TFL claims rejected because they had failed to keep their eligibility up-to-date in the Defense Enrollment Eligibility Reporting System, DEERS for short.

Now, DoD is taking three steps to fix this problem and ensure that older beneficiaries get the coverage that Congress intended them to have.

First, it is going to go back and pay previously denied claims regardless of "expired eligibility" entries in DEERS records. Claims back to the TFL start date of October 1, 2001 will be reprocessed automatically: no action by beneficiaries or health-care providers is needed.

Second, DoD will continue to pay claims for such beneficiaries until Aug. 1, to give them ample time to establish or renew their eligibility.

Third, it is launching a massive publicity



effort to inform over-65 beneficiaries of the absolute necessity of getting and/or keeping their DEERS enrollments up-to-date. Those who have already had claims rejected have received Explanation of Benefits statements explaining the problem. But those without recent claims need to be informed before Aug. 1.

DoD policy requires that beneficiaries' eligibility be re-verified every four years. After Aug. 1, beneficiaries who have not gotten their DEERS status straightened out will be cut off from TFL benefits again, and this time they will stay cut off until they do get their DEERS files up to date.

Officials are concerned about two challenges: how best to get the word out to elderly beneficiaries who may be out of touch with the military and how to help immobile beneficiaries accomplish their re-verification.

"Word of mouth may be the best way to alert them," said a U.S. Army Medical Command spokesman. "We hope that people who do hear about this will pass the word on to any elderly beneficiaries they know who might be homebound and might not get the news directly."

But media popular with retirees will also be used, and DoD is working with retiree organizations like The Military Coalition and the National Military and Veterans Alliance to reach these beneficiaries and tell them how to update DEERS.

The mechanics of the process are simple enough for beneficiaries that frequent military installations,

but may be challenging for those in remote areas or confined to home.

Retirees themselves usually have identification cards of indefinite duration and should encounter few problems with DEERS. However, their family members receive ID cards limited to four years of validity. After four years, DEERS terminates their eligibility for military benefits (including TRICARE) unless they renew their cards.

This can be done by visiting an ID-card section at a nearby military installation.

When the new ID card is issued, the facility automatically notifies DEERS to renew the recipient's eligibility for military benefits.

Note: ID-card facilities are operated by military personnel officials – not by TRICARE or military medical officials.

Problems can arise for individuals unable to travel to a military installation. DoD

officials are exploring how to make this process easier for such people.

Meanwhile, an Army Medical Command TRICARE expert says the best advice is for immobile beneficiaries – or those caring for them – to contact the closest ID-card issuer by phone, explain the problem, and work out a personalized solution.

Policies and options vary depending on service and location. In some cases, IDs can be issued by mail for genuinely homebound beneficiaries, if someone can secure a photo of the individual.

A list of nearby ID-card offices can be obtained by doing a search (by city, state or zip code) on this DoD website: <http://www.dmdc.osd.mil/rsl/>

More information on updating DEERS is found at <http://www.tricare.osd.mil/DEERSaddress/>

Another alternative is to telephone 1-800-

"Word of mouth may be the best way to alert them. We hope that people who do hear about this will pass the word on to any elderly beneficiaries they know who might be homebound and might not get the news directly."

A U.S. Army Medical Command spokesman

361-2620.

For information on TRICARE for Life, visit the TRICARE website at <http://www.tricare.osd.mil/>; or call the TRICARE Information Center, toll-free, at 1-877-363-5433 (1-877-DOD-LIFE); or write the TRICARE Management Activity; Skyline 5, Suite 810; 5111 Leesburg Pike; Falls Church, VA 22041-3206.

"We want to ensure that our beneficiaries, some of whom are re-entering the Military Health System, and using TRICARE for

the first time, have the best possible experience and receive their rightful benefits," said Dr. William Winkenwerder, Assistant Secretary of Defense for Health Affairs. "We will do everything we can to overcome initial difficulties that may arise."

TFL provides pharmacy benefits and TRICARE coverage secondary to Medicare. More than 3.1 million health care claims have been paid since the program started in October 2001.

From birth to basic training ...



"I intended for both of us to join together. If one of us was to enlist the other would also. I told the recruiter that it was all or nothing, that we were a package deal."

Pfc. Joan Boatright

►Pfc. Boatright and Pvt. 2 Beaver check medications for proper strength and dosage while attending the 91Q pharmacy specialist class.



When Pvt. 2 Kimberly Beaver is taunted with 'Your mother wears combat boots,' she laughs about it. She takes the wearing of the Army green uniform, combat boots included, as a matter of duty, pride and patriotism. Both are members of the Army Reserve 94th General Hospital located in Little Rock, Ark. Both understand the importance of team work and living by the Army Values. Serving proudly in the military is a family tradition.



... soldiers stick together

Mother and daughter join Army, go through basic training, and join 91Q together

By Sgt. Jeff Walsh
Special to the News Leader

Blood is thicker than water for the family "buddy team" of Pfc. Joan Boatright and Pvt. 2 Kimberly Beaver, currently assigned to C Company, 187th Medical Battalion. Not only did they joined the military together, they completed basic training in South Carolina together and are currently training to be technically and tactically proficient 91Q Pharmacy Specialists here at Army Medical Department Center and School.

On November 16, 2000, a mother's instinct and a woman's intuition led two new recruits, one 17 years old and the other 34 to enlist in the Army. The mother and her daughter, from the small rural community of El Paso, Ark. (population 600) raised their right hands and took the oath together. "I intended for both of us to join the Army together. If one of us was to enlist the other would also. I told the recruiter that it was all or nothing and that we were a package deal," said Boatright, the mother who out ranks her daughter.

As the mother and daughter continue their transition from civilian to soldier, they understand the importance of teamwork and working as productive members of that team. They understand the value of being mentally and physically fit and living by the Army

Values.

Boatright and Beaver had to embrace the values of loyalty, duty and personal courage early on in their military careers. During basic training tragedy struck the family when Beaver's father passed away. "Dad was quite proud, he carried a picture of me dressed in battle dress uniforms," she said. The competitiveness and companionship they offer each other has enabled them to complete basic training, even though Boatright was offered the option of leaving the service due to difficult circumstances.

When Beaver is taunted with "your mother wears combat boots," she laughs about it, but she takes the wearing of the Army green uniform (combat boots included) as a matter of duty, pride, and patriotism. Not only does Beaver's mother wear combat boots; her stepdad does too and has been doing it for 18 years. Staff Sgt. Patrick Boatright is a 91D Operation Room technician at the John McClellan Veterans Hospital in Little Rock, Ark., and will be on his way to serve at a hospital in Heidelberg, Germany in anticipation of deployment to Afghanistan in support of Operation Enduring Freedom in April.

Serving in the military runs in the family, both immediate and extended. Mom Boatright is the youngest of eight children, three served in the military, one brother is a Marine and her oldest brother fought in

Vietnam. Also Beaver's grandfather served in Korea during the Korean War and Boatright's father retired from the Army. A better name for these dedicated soldiers might be the "Fighting Boatrights."

Boatright and Beaver are discovering firsthand that the field of Pharmacy is a challenging curriculum at the AMEDC&S.

The 91Q course encompasses a combination of rigorous academic testing and exacting "hands-on" training for the student. Students are expected to learn and retain knowledge of trade and generic names of dozens of drugs including the action and reaction to many different medications. Army pharmacy techs learn to dispense and in some instances create medications. The AMEDD Pharmacy Course instructors teach the pharmacy student soldiers the process of mixing and diluting suspensions, mixtures and liquids in a laboratory setting for potential patient use. The second laboratory, the Sterile Products lab, creates critical medications for inpatient therapy and hospital ward use.

As you might expect, mother simply wants the best for her daughter. Beaver plans eventually to become a nurse and anesthesiologist. "Eventually I would like to salute my daughter," said Boatright. For herself she hopes to achieve the rank of staff sergeant, just like her husband. Both mother and daughter plan to use their knowledge

obtained in the pharmacy course in both a military and civilian setting. Beaver hopes to be a pharmacy technician at a local Wal-Mart. Boatright would like to work as a pharmacy technician at a local veterans hospital. Both soldiers are members of the Army Reserve 94th General Hospital in Little Rock, Ark.

Mom and daughter enjoy each other's company both on and off duty and so do many of the other soldiers. For Boatright soldiering and mothering go hand-in-hand especially when she knocks on the door of her daughter's bay every morning at 4 a.m. so they can make it to Physical Training formation by 4:45 a.m. Some fellow soldiers and supervisors from their extended 'Army of One' family like to tease this dynamic duo. According to Boatright, their Drill Sergeant is always telling them to "cut the apron strings" and "cut the umbilical cord" especially when they start bickering, like most close family members are prone to do. They have given new meaning to the phrase "the family that joins the Army together, stays together".

*Photos by:
Edward Rivera*

In service, ACS provides the best



Courtesy photo
▲The Army Community Service sponsors classes, workshops, seminars and conferences like the recent "It's Not Easy Being Green" Conference. The Spouse Development Conference was held at the Roadrunner Community Center last week. The ACS hosts many other events at the community center.

"What a great testament to the outstanding services ACS provides to the Fort Sam Houston community. We are grateful for the wonderful team of professionals who make the wheels turn out there and for all they do to enhance the quality of life for the Army family."

Col. Douglas A. Biggerstaff, commander, U.S. Army Garrison, Fort Sam Houston

Photos by:
Edward Rivera

Army Community Service staff receives Army Installation Award of Excellence

By Edward Rivera
Fort Sam Houston Public Affairs

Maj. Gen. Kevin C. Kiley, commander, Army Medical Department Center and School and Fort Sam Houston presented the Department of the Army, Community and Family Support Center, Award of Excellence to Fort Sam Houston's Army Community Service staff on Feb. 18. This first-time award recognizes the ACS Center for providing the best services in the Army for a medium-size installation.

At the impromptu presentation, a surprise for the ACS staff, Kiley said he wanted to present the award personally and thank each ACS staff member for their support to the post's soldiers and their families.

Rita Dalton, the ACS Director, attributes Fort Sam Houston's win to individual and team commitment to excellence, to the "heart" of volunteers and staff, and to the Fort Sam Houston leadership and community, for it's all-encompass-

ing desire to ensure every soldier and every family member at this installation has the tools and support to make their time in the Army successful, fun, and rewarding.

"What a great testament to the outstanding services ACS provides to the Fort Sam Houston community," stated Col. Douglas A. Biggerstaff, commander, U.S. Army Garrison, Fort Sam Houston, in his memorandum of appreciation to ACS. "We are grateful for the wonderful team of professionals who make the wheels turn out there and for all they do to enhance the quality of life for the Army family."

The Award of Excellence is based on a variety of criteria. Contributions were made in many areas to include participation in community organizations and events, command support and involvement, special achievements beyond job requirements, diversification of delivery systems, and quality of service.

The Fort Sam Houston ACS staff consistently seek to be

involved in both the civilian and military communities. Staff members serve on the Military Child Education Coalition, Fort Sam Houston School District committees, San Antonio Volunteer Administrators, National Job Shadowing Day, and others. ACS staff partner with many Fort Sam Houston and other military services in San Antonio to provide effective resources for soldiers and families. In a very special partnership, Community Programs Manager Kim Miller works closely with United Way of San Antonio to provide public recognition of the volunteer efforts of all Fort Sam Houston volunteers.

Helping the Fort Sam Houston military family with financial and consumer information is Gerd Jacobi, Consumer Affairs and Financial Assistance Program manager. Jacobi and skilled volunteer counselors support soldiers and their spouses with balancing bank accounts, establishing and maintaining budgets, working with creditors and taxes,

investment and consumer information to name a few.

The Family Advocacy Program Manager, Cynthia Taylor, and the FAP staff hold classes, workshops, seminars and support groups designed to help commanders and soldiers prevent domestic violence. Topics include Commander and Troop Education, Stress and Anger Management, New Parent Support, Teen Talk and Relationship Support.

Some of the other services provided by ACS are Relocation Assistance, Family Member Employment Assistance, Army Emergency Relief, Installation Volunteer Management, the Exceptional Family Member Program, Information and Referral, the Army Family Action Plan, and Army Family Team Building.

For more information about this award winning service organization call 221-2705 or visit them at the Roadrunner Community Center, Bldg. 2797 on Stanley Road.



▲Volunteerism is one of the many services provided by the Army Community Service staff. The Community Programs and Installation Volunteer Management manage post volunteers for community events like the United Way's Day of Caring in which Fort Sam Houston volunteers helped clean up the San Antonio Botanical Gardens.

▼Monica Kent, right, Army Community staff member talks to a parent during a nurturing class.



Army Community Service Family Advocacy Program March schedule:		
Class Title	Dates	Class Time
Anger Mgmt Awareness	7	Noon to 1 p.m.
Basics of Breastfeeding	20	10:30 a.m. to noon
Building Effective Anger Management Skills (BEAMS)	19 and 26	11 a.m. to 12:30 p.m.
Common Sense Parenting	20 and 27	11 a.m. to 1 p.m.
Coping w/Difficult People	14	Noon to 1 p.m.
Duffel Bags for Babies	13 and 27	8 a.m. to 2 p.m.
Family Advocacy Commander Training	14	8 to 9:30 a.m.
Nurturing Program	4, 18, 25	1 to 4 p.m.
Parenting Newborns	6	9 to 10:30 a.m.
Playgroup	5, 12, 19, 26	9 to 11 a.m.
Pregnancy and Childbirth	21	9 a.m. to 12 p.m.
Single Parent Support Group	22	11 a.m. to 1 p.m.
Stress Management	6 and 13	Noon to 1 p.m.
Teen Talk	7, 21, 28	5 to 6 p.m.
Women Encouraging Women	28	11 a.m. to 12 p.m.

Feel free to bring a brown bag lunch to classes scheduled during 11 a.m. to 1 p.m.
To sign up for classes or for more information, call ACS Family Advocacy Program at 221-2417/2705.

Start today for a healthy tomorrow

Focus on overall lifestyle during national nutrition month

By 2nd Lt. Laura Hubbard
Special to the News Leader

Crystal balls, star charts and tealeaves are several ways people have struggled to see into the future and control their destiny. However, you can predict your own future better than the neighborhood fortuneteller and you don't even need a crystal ball! One of the greatest impacts on your future quality of life is your overall current lifestyle. Overall lifestyle is made up of your eating and exercise habits.

Adventure in exercise

Exercise doesn't have to be a chore. It also doesn't have to be in a fancy gym or on expensive equipment. Playing a game of basketball, soccer or any sport with friends is a fun way to get exercise. A simple walk or a planned hike in the forest or mountains also counts as exercise.

Exercise can lead to a new adventure or hobby. Several people have found the thrill of mountain biking or rock climb-

National Nutrition Month

ing as a way to get exercise. Swimming or dancing is another option. With some hot music and a few friends you can have a great time and dance your way to better fitness. Whether it is a simple walk or a weekend backpacking trip, there exist countless new and exciting ways for people of all ages to get exercise. Just experiment; it doesn't matter what you do as long as you find an activity that that you like and will give you the daily exercise your body needs.

Find a new flavor

A healthy eating plan often gets a bad rap as something boring or as hard work, but even small changes can make a big impact. Something as simple as adding more vegetables to your diet can make all the difference, especially if they replace other higher fat foods. Trying a new vegetable recipe is a great way to

add a new interesting twist to your meal. Recipes are available in books, magazines and even for free at certain Internet sites and in the produce section of the grocery store. If preparing and storing vegetables is difficult, try frozen mixes. Many vegetables freeze well and when not over cooked, keep their flavor and texture. A variety of fruits and vegetables give your body the nutrients it needs for peak performance and it is also good for healthy skin and hair.

Individualized nutrition- your own personal guide

It doesn't take a complicated equation or diet to find the foods that are best for your individual needs. The food guide pyramid can be your own personal road map. If your goal were to lose weight then you would eat on the lower end of the serving range in each pyramid group. For example, choose the minimum of six servings of grains and cereals and two servings of meats. Since you are eating less meat and starches you can avoid

feeling hungry by filling up on extra vegetables. If the goal were to gain weight then a person would eat on the higher end of the pyramid serving range, around 9-11 servings of grains.

Not only is the number of servings important, but also the type of foods we eat. For a healthy heart and good weight control, choose lean meats such as fish or poultry. Beef can also be lean if you use round, sirloin, tenderloin or very lean ham-burger. When preparing meats, remember to take off the skin, broil or bake. By using lean meats and healthy cooking methods, you can drastically cut down on fat without feeling deprived.

Dairy products also contain protein and are a great source of calcium. They are also available in low fat or fat free option. Skim milk and 1 percent are low in fat but still high in overall nutrients. Yogurt and low fat cottage cheeses can add a refreshing boost to any meal or snack.

Portion power instead of

will power

go astray is in the fats, oils, and sweets group. This is the group typically labeled the "bad" foods. A few sweets will not ruin your life. It is the overall diet and lifestyle that is important. Even a diet of pure carrots is unhealthy because it does not have all nutrients your body needs. The overall message to remember is portion control. Too much food will cause extra weight gain. Also, too much of one type of food makes an unbalanced diet. The healthiest and most interesting eating pattern is one with variety and color— color that comes from filling your plate with a combination of foods, especially crisp juicy vegetables.

Determine your destiny

The greatest influence on your future quality of life is the choice you make today. March is National Nutrition Month where people of all ages can learn that the power to determine their future lies in their own hands. Let us celebrate the theme of this month by starting today for a healthier tomorrow.

Health Promotion Center March Class Schedule

Class	Date	Time
Aerobics	7	11 a.m. to noon
Stress Management	12	10 to 11:30 a.m.
Aerobics	12	11 a.m. to noon
Diabetes Education ¹	12	12:45 to 4 p.m.
Office Yoga	13	Noon to 1 p.m.
Fibromyalgia Self-Help Session 1 ²	13	1 to 3:30 p.m.
Self-Care & Health	14	9 to 11 a.m.
Aerobics	14	11 a.m. to noon
Body Fat Testing	15	8 to 11 a.m.
Cholesterol & Lipids	18	9 to 11:30 a.m.
Weight Management Session 1 ⁴	18	1 to 2:30 p.m.
Arthritis	19	9:30 to 11 a.m.
Aerobics	19	11 a.m. to noon
Diabetes Education ¹	19	12:45 to 4:00 p.m.
High Blood Pressure	20	9 a.m. to noon
Office Yoga	20	Noon to 1 p.m.
Aerobics	21	11 a.m. to noon
Back Pain ³	21	2 to 3:30 p.m.
Breast Health	22	11 a.m. to noon
Asthma Part 1	25	1 to 3 p.m.
Aerobics	26	11 a.m. to noon
Diabetes Education ¹	26	12:45 to 4 p.m.
Tobacco Cessation		
“Readiness to Change”	26	5:30 to 7 p.m.
Office Yoga	27	Noon to 1 p.m.
Aerobics	28	11 a.m. to noon
Self Care & Health	28	1 to 3 p.m.

Note: ¹Schedule Diabetes Education through the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2. ²Fibromyalgia Self-Help requires a consult to Behavioral Medicine Clinic. ³Schedule Back Pain through Physical Therapy at 916-1920. ⁴Schedule Weight Management through Nutrition Care at 916-5525.

TRICARE questions are answered

Answers about the Military Health Care System that covers Active Duty and family members, retirees and family members under and over age



65 will be available by age groups at the following facilities to discuss the health care options for TRICARE beneficiaries:

March 13 - Randolph Air Force Base - Family Support Center (Ballroom,) Bldg. 693 on F Street West (for evening briefs, park at rear off E Street West). Briefing for all age groups, 1 to 3 p.m.

March 30 - Fort Sam Houston - 16th Annual Navy, Marine Corps, Coast Guard Retiree Seminar in Blesse Auditorium from 8 a.m. to 3 p.m., booth for all age groups. For more information, call 225-2997 extension 119, Monday through Friday, 10 a.m. to 2 p.m.

April 5 - Brooks Air Force Base TRICARE Booth at the New BXmarket from 10:30 a.m. to 1:30 p.m. Handout information for all age groups.

April 11 - Fort Sam Houston - Brooke Army Medical Center Auditorium, from 5 to 7 p.m. Briefings for those under age 65.

Enrollment in TRICARE Prime (under age 65) is available with Brooke Army Medical Center*, Brooks Air Force Base Clinic, Randolph Air Force Base Clinic, Wilford Hall Medical Center* and Kelly Clinic, and with Network Civilian Primary Care Providers*. For additional questions call 1-800-406-2832.

*Check with the Service Centers for these facilities, as enrollment is limited in some clinics.

Cole announces honor roll students

The following Robert G. Cole students have attained academic success for the fourth six weeks of the 2001–2002 school year.

A Honor Roll, grade of 90 or higher in call classes:

7th Grade

Krystian Francuz
Michele Ingari
Lionel Lowery III

8th Grade

Amanda Bray
Ashley Fee
Caitlin Gresenz
Frances Janny
Rachel Janny
Amanda McCormick
MaryLou Stockton

9th Grade

Scott Gibson
Christine Ingari

10th Grade

Brandon Childers
Amanda Collyer
Charissa Kahue
Ashley Mullins

11th Grade

None

12th Grade

Bernard Hebron
Kirsta Leeds
Jennifer Sampson
Tristan Walters

A/B Honor Roll, a grade of 80 or higher in all classes with a least one grade of 90 or higher:

7th Grade

Karen Bergstrom
Andrew Boisvert
Makesha Brewer
Sarah Clark
Allison Erickson
Stephanie Gehrke
Viktoria Gerth
Shawta Ham
Christopher Hasewinkle
Thomas Leeds
Brittany Maas
Analise Medina
John Millnik
Amy Reed
Stephanie Rivera
Kathleen Salazar
Simone Thomas
Zipporah Tillman
Angelica Villanueva
Aeriell Watkins
Chelsea Woodard
Cecily Worthington

8th Grade

Jolene Almendarez
Elizabeth Bagg
Amanda Carrillo-Maldonado
Jeremy Cockfield
Doris Daniels
Constance Davis
Robert Davis
Caitlyn Dempsey
Brittany Harris

Samantha Jones
Valerie Loewen
John Luciano
Erin Moore
ShanTerika Remo
Shaka Salmon
Karissa Smith
Natasha Smith
Ciera Tate
Stanley Wallace, Jr.

9th Grade

Stephen Biggerstaff
Anne Boisvert
Jonathan Brown
Benjamin Carter
Sean Chislett
Caroline Gerth
Chris Guthrie
Amy Jackson
Scott Kelly
Caitlyn McCoole
Andrew Patrin
Ellen Richardson
Troy Robertson
Alex Sanjur
Jonathan Simpkins
James Starcher II
Tara Trepkowski
Melissa Velez
Eric Walker
Nadine Willis

10th Grade

Peyton Bell
Martin Carpenter
Justin Dixon
Cordell Dunlap II
Jovan Ebaloroza
Kemi Fasheyide
Brenda Frias
Michael Gresenz
Christopher Gross
Denny Harris
Amanda Jeter
Craig Lott
Vanessa Medina
Mallory Plasentillo
Joseph Uncango
Cyrelle White
Justine Williams

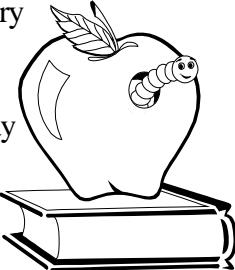
11th Grade


Matthew Agee
Adam Annen
Christina Baymon
Michael Biggerstaff
Victor Burgos
Kenroy Foster
Fabian Maennl
Marcus Maldonado
Alberto Martinez
Alexandra Maxwell
Brian Parker
Alonso Velarde

12th Grade

Rebecca Bannon
William Cox
Heather Hernandez
Giannina Herrera
Sean Kiley
Randy Loewen, Jr.
Mark Lora
Steven Reed
Barry Sheridan
Natasha Simons
Joseph Trepkowski
Brandon Valera

Note: FSH ISD spring break is March 11-15.


















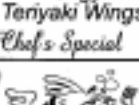
Lunch is served from
11:00 A.M. TO
1:00 P.M.



THE OFFICERS' CLUB

March LUNCH BUFFET

\$5.95/\$4.95 for Club Members



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Don't Forget!!! EASTER SUNDAY BRUNCH MARCH 31, 2002 10:00AM TO 1:30PM \$13.95 FOR MEMBERS/\$15.95 FOR NON-MEMBERS \$6.95 FOR CHILDREN 7-11 RESERVATIONS & PAYMENT MUST BE MADE IN ADVANCE CALL 224-4211 FOR MORE INFORMATION</div>				<div><p>Southern Fried Fish Lasagna Chef's Special</p></div>
<div>4 Beef & Broccoli Baked Chicken Chef's Special</div>	<div>5 <p>GOLDEN FRIED CHICKEN Salisbury Steak Chef's Special</p></div>	<div>6 Texas BBQ Ribs Brisquet Chef's Special</div>	<div>7 <p>FOODS Cheese Enchiladas Chicken Fried Steak Joe's Beans</p></div>	<div>8 <p>Southern Fried Fish Pepper Steak Chef's Special</p></div>
<div>11 Chicken & Dumplings Grilled Pork Chops Chef's Special</div>	<div>12 <p>GOLDEN FRIED CHICKEN Spaghetti w/Meatballs Chef's Special</p></div>	<div>13 Texas BBQ Ribs Turkey Tetrazzini Chef's Special</div>	<div>14 <p>FOODS Crispy Beef Tacos King Ranch Chicken Joe's Beans</p></div>	<div>15 <p>Southern Fried Fish New England Boiled Dinner Chef's Special</p></div>
<div>18 Beef Tips & Noodles Turkey & Dressing Chef's Special</div>	<div>19 <p>GOLDEN FRIED CHICKEN Cod Fish in Creole Sauces Chef's Special</p></div>	<div>20 Texas BBQ Ribs Sausage & Peppers Chef's Special</div>	<div>21 <p>FOODS Beef Enchiladas Arroz con Pollo (Spanish Rice & Chicken) Joe's Beans</p></div>	<div>22 <p>Southern Fried Fish Tangy Teriyaki Wings Chef's Special</p></div>
<div>25 Swiss Steak Ham, Macaroni & Cheese Casserole Chef's Special</div>	<div>26 <p>GOLDEN FRIED CHICKEN Homestyle Beef Stew Chef's Special</p></div>	<div>27 Texas BBQ Ribs Chicken Pot Pie Chef's Special</div>	<div>28 <p>FOODS Beef Fajitas Roast Pork & Dressing Joe's Beans</p></div>	<div>29 <p>Southern Fried Fish Chicken & Dumplings Chef's Special</p></div>



224-4211



Fort Sam Houston's NCO CLUB

March LUNCH BUFFET

\$5.95/\$4.95 for Club Members
Includes: Beverage, Soup & Dessert



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><p>BINGO BUFFET Tuesday & Thursday (1700-2000)& Saturday (1100-1330) Players Eat Free!! DJ & Karaoke EVERY FRIDAY NIGHT in the Seguin Lounge!! Deluxe Soup/Salad & Potato Bar Every Tuesday & Thursday from 1700-2000 in Sam's Sports Bar</p></div>				<div></div>
<div>4 <p>CLOSED EVERY MONDAY!!!</p></div>	<div>5 <p>GOLDEN FRIED CHICKEN Beef Stew</p></div>	<div>6 <p>Beef Enchiladas</p></div>	<div>7 <p>FRIED CHICKEN BBQ RIBS EVERY THURSDAY!!!</p></div>	<div>8 <p>FRIDAY FISH FRY!!! CHEF'S SPECIALS EVERY FRIDAY!!!</p></div>
<div>11 <p>CLOSED EVERY MONDAY!!!</p></div>	<div>12 <p>GOLDEN FRIED CHICKEN Sliced Roast Beef</p></div>	<div>13 <p>Beef Chalupas</p></div>	<div>14 <p>FRIED CHICKEN BBQ RIBS EVERY THURSDAY!!!</p></div>	<div>15 <p>FRIDAY FISH FRY!!! CHEF'S SPECIALS EVERY FRIDAY!!!</p></div>
<div>18 <p>CLOSED EVERY MONDAY!!!</p></div>	<div>19 <p>GOLDEN FRIED CHICKEN Meat Loaf</p></div>	<div>20 <p>Tamale Pie</p></div>	<div>21 <p>FRIED CHICKEN BBQ RIBS EVERY THURSDAY!!!</p></div>	<div>22 <p>FRIDAY FISH FRY!!! CHEF'S SPECIALS EVERY FRIDAY!!!</p></div>
<div>25 <p>CLOSED EVERY MONDAY!!!</p></div>	<div>26 <p>GOLDEN FRIED CHICKEN Grilled Pork Chops w/Dressing</p></div>	<div>27 <p>Taco Bar</p></div>	<div>28 <p>FRIED CHICKEN BBQ RIBS EVERY THURSDAY!!!</p></div>	<div>29 <p>FRIDAY FISH FRY!!! CHEF'S SPECIALS EVERY FRIDAY!!!</p></div>



Lunch served from 11:00 a.m. to 1:00 p.m.

As they bid farewell, soldiers celebrate Army life

Colonel Leonard J. Sly, Sr., Great Plains Regional Medical Command, Fort Sam Houston, Texas, retired after serving thirty years of military service.

Sly graduated from the University of Richmond in 1972 with a Bachelor of Science degree. He was commissioned through ROTC and entered the service in February 1972. Following the AMEDD Officer's Basic Course and the Initial Entry Rotary Wing Course, he was assigned as an Evacuation Pilot, Air Crash Rescue, Fort Wolters, Texas. He completed the Aviation Maintenance Officer's Course at Fort Eustis, Va. and was assigned to "Flatiron", Lyster Army Hospital at Fort Rucker, Ala., as an Evacuation Pilot and Instructor Pilot.

In November 1975, Sly was assigned overseas to the 15th Medical Detachment (Helicopter Ambulance) in Grafenwohr, Germany. He later completed the AMEDD Officer's Advanced Course and was assigned to Fort Carson, Colo.

Upon completing Command and Staff College, Fort Leavenworth, Kansas in 1985, Sly served as Command and Staff Branch Instructor, Military Science Division, Academy of Health Sciences, Fort Sam Houston, Texas. In September 1987 he was assigned to the 44th Medical Brigade, Fort Bragg, N.C. where he served as Commander, 57th Medical Detachment (RG) for two years and then as Deputy Chief of Staff, 44th Medical Brigade.

In June 1990, he returned overseas and took command of the 52nd Medical Battalion (Evacuation), in Korea. He was next assigned as the Executive Officer, 62nd Medical Group, I Corps at Fort Lewis, Wash. During this assignment, the unit participated in Operation Restore Hope in Somalia, Africa where Sly served as Executive Officer and Base Camp commander. Sly was next selected to attend the U.S. Army War College in Carlisle, Pa., graduating in June 1995.

He was then assigned to Fort Sam Houston as the deputy director, Directorate of Combat and Doctrine Development, AMEDD Center and School. In 1996, Sly became the deputy assistant commandant for Force Integration, AMEDD Center and School and in May 1988 became the chief, Department of Healthcare Operations, Academy of Health Sciences, AMEDD Center and School.

In June 2000 he was assigned as the Chief of Staff, Great Plains Regional Medical Command, Fort Sam Houston, Texas. In October 2000, he was reassigned to his final position as assistant Chief of Staff for Plans, Operations, Readiness and Training, Great Plains Regional Medical Command, Fort Sam Houston, Texas.

Sly holds a Master of Arts degree (Management) from Webster University. His awards and decorations include the Legion of Merit, five Meritorious Service Medals, two Army Commendation Medals, the Army Achievement Medal, the Armed Forces Expeditionary Medal, the Army Service Ribbon, the Overseas Ribbon, and

the National Defense Ribbon with Bronze Star. He wears the Master Army Aviator's Badge.

Major Paul E. Malcolm, Directorate of Combat and Doctrine Developments, Army Medical Department Center and School, Fort Sam Houston, Texas will retire following twenty years of military service, effective May 31.

Malcolm, a Trinity University graduate, completed the Signal Officer's Basic Course at Fort Gordon, Ga. in September 1982. His first assignment was with the 82d Airborne Division at Fort Bragg, N.C. During this assignment Malcolm deployed with the 82d Airborne Division to Grenada for Operation Urgent Fury in October 1983.

In 1986, after completing the Signal Officer's Advanced Course, Malcolm transferred to Taegu, Korea, where he served as the assistant operations officer in the 36th Signal Battalion before he commanded the 293rd Signal Company.

He returned to the U.S. to serve as a communications analyst in the Joint Electronic Warfare Center on Kelly Air Force Base, deploying to Operation Desert Shield and Desert Storm as an electronic warfare officer with USARCENT/3rd U.S. Army.

In 1992, Malcolm transferred to the National Training Center at Fort Irwin, Calif., where he worked as a signal observer/controller for 24 rotations before returning to Fort Bragg in 1994 to become a signal planner on the XVIII Airborne Corps staff. He then served as the XVIII Airborne Corps Artillery assistant Chief of Staff.

In 1997, Malcolm became the Command and Control Warfare officer on the Navy staff of U.S. Naval Center, 5th U.S. Fleet in Manama, Bahrain, where he served during Operation Desert Thunder, Operation Desert Fox, Operation Southern Watch, and the Maritime Intercept Operation in the Persian Gulf.

Malcolm's military education includes the Command and General Staff College and the Combined Armed Services Staff School. He has earned a Master of Arts in Information Systems Management and the Project Management Professional Certification.

His military awards include the Defense Meritorious Service Medal, the Meritorious Service Medal with Oak Leaf Cluster, the Army Commendation Medal with three Oak Leaf Clusters, the Navy and Marine Corps Commendation Medal, the Army Achievement Medal with Oak Leaf Cluster, the Armed Forces Expeditionary Medal with Oak Leaf Cluster, the Southwest Asian Service Medal with two Bronze Service Stars, the Liberation of Kuwait Medals from Saudi Arabia and Kuwait, the Overseas Service Ribbon (third

award) and the Senior Parachutist Badge.

Captain Richard E. Walton, Company C, Academy Battalion, Fort Sam Houston, Texas retires after twenty-three years of military service.

Walton began his military career in 1979 as a private assigned to the

Program.

Walton's military education includes the Primary Leadership Development Course, the Basic Noncommissioned Officer Course, the Warrant Officer Basic Entry Course, the Army Medical Department Basic and Advanced Officers Course. He has a Bachelor of Science degree from the University

vanced Noncommissioned Officer Courses, Master Fitness Trainer, Battle Staff Noncommissioned Officer, and First Sergeant Courses. He earned an Associate of Arts Degree from the University of Maryland, a Bachelor of Arts Degree from Saint Leo College, Fla., and a Master of Arts Degree from Webster University, Mo.



Photo by Esther Garcia

◀Right to left, Col. Leonard Sly Sr., Maj. Paul Malcolm, Capt. Richard Walton, Master Sgt. Francis Cassidy, Sgt. 1st Class Gary Miles, Staff Sgt. Marvin Smith, Jr., and Staff Sgt. Phillip Young, get ready for the retirement ceremony on Feb. 28, an important day for them as they end service to the Army and the nation.

65th Military Police Company at Fort Bragg, N.C. after completing Basic Combat Training and Advanced Individual Training as a Military Policeman at Fort McClellan, Ala. During this assignment, he was selected to be the official driver to the First ROTC Region commanding general.

In 1983, Walton re-enlisted in the U.S. Army and attended Infantry and Airborne schools at Fort Benning, Ga. He then attended Special Forces Medical Sergeant's Course at Fort Bragg, N.C. and was assigned to 3rd Battalion, 5th Special Forces (Airborne) at Fort Bragg, N.C. where he served in a Special Forces Operational Detachment-Alpha.

In 1990, then Sgt. 1st Class Walton was selected to attend the U.S. Army Physician Assistant Program followed by the U.S. Army Warrant Officer Candidate School at Fort Rucker, Ala. and was assigned to Fort Sam Houston, Texas. After completing phase one of Physician Assistant school, now a warrant officer one, he was transferred to Fort Bragg, N.C. to complete the second year of his PA training and was commissioned as a second lieutenant.

In 1992, then Walton was transferred to the 11th Armored Cavalry Regiment in Fulda, Germany, where he served as the First Squadron PA. In 1994, he was transferred to Vilseck, Germany, where he served as the PA for 1st Battalion, 37th Armor of 3rd Infantry Division. He was transferred to Fort Campbell, Ky, and was assigned as the PA for 3rd Battalion, 5th Special Forces Group (Airborne). In 1997 Walton was selected to be The White House Army Physician Assistant in Washington D.C., where he served during the Clinton/Gore Administration. In 1999, he was transferred here for his final assignment and served as an instructor/writer for the Inter-service Physician Assistant

of Oklahoma, and a Masters of Physician Assistant Studies degree from the University of Nebraska.

His military awards and decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal, the Army Commendation Medal with five Oak Leaf Clusters, the Army Achievement Medal, the Good Conduct Medal, the National Defense Service Medal, the Humanitarian Service Ribbon, the NCO Professional Development Ribbon, the Overseas Service Ribbon, the Army Service Ribbon, the Presidential Service Badge, the Special Forces Tab, Parachute Badge, Air Assault Badge, Flight Surgeon Badge, Expert Field Medical Badge, Kenyan Army Parachute Badge, and the United Arab Emirates Parachute Badge.

Master Sergeant Francis B. Cassidy, Company A, Academy Battalion, Fort Sam Houston, Texas, retired after twenty-three years of military service.

Cassidy completed Basic Combat Training at Fort Leonard Wood, Mo. He attended Advanced Individual Training as a 91B Medical Specialist at Fort Sam Houston, Texas. He has served in numerous duty stations throughout the world, including three overseas tours and a wide variety of assignments in the U.S. His assignments include virtually every position available as an enlisted and noncommissioned officer 91B Medical Specialist. Among these are medic for a 155MM Howitzer Battery, Scout and Mortar Platoons, senior medic for a Battalion Aid Station, Ambulance Platoon Squad Leader, Troop Medical Clinic NCOIC, Medical Platoon Sergeant, Operations and First Sergeant.

Cassidy's military and civilian education includes the Primary Leadership and Development Course, Medical Noncommissioned Officer Course, Basic and Ad-

His military awards and decorations include the Meritorious Service Medal, the Joint Service Commendation Medal, the Army Commendation Medal, the Army Achievement Medal, the Expert Field Medical Badge, and is a member of the Order of Military Medical Merit.

Sergeant First Class Gary D. Miles, Headquarters Company, Special Troops Battalion, Fort Sam Houston, Texas, will retire effective June 1, following 24 years of military service effective.

Miles completed Basic Training and Advanced Individual Training as a Motor Transport Operator at Fort Dix, N.J. His first duty assignment, in 1978, was at Fort Benning, Ga. In 1981, he completed his second AIT as a Legal Clerk at Fort Benjamin Harrison, Ind.

Miles served with Headquarters, 28th Transportation Battalion, Mannheim, Germany and in 1984, was transferred to the Mannheim Law Center where he served as a lawyer's assistant in both the Trial Defense Service and Criminal Law Division. Additionally, he served as NCOIC in both the Claims and Criminal Law Divisions, as well as maintaining all weapons assigned to the law center as it unit armorer.

In 1989, Miles was transferred to Headquarters, 12th Aviation Brigade, V Corps, with duty, Wiesbaden Law Center, Wiesbaden, Germany, as Criminal Law NCOIC. Miles was then deployed with his unit to Saudi Arabia during Operations Desert Shield and Desert Storm where he provided legal support for 1500 soldiers in the brigade.

Upon his return to Germany, he assumed duties as NCOIC, Claims Department. In 1992, became the NCOIC of the Wiesbaden Law Center.

In 1993, Miles was assigned to

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the Office of the Staff Judge Advocate, Headquarters, U.S. Army Garrison, Fort Sam Houston, Texas, as Senior Legal NCO and Platoon Sergeant for 35 soldiers assigned to his unit.

Once again in 1996, Miles traveled to V Corps, Heidelberg, Germany, as NCOIC of Management and Criminal Law Division, as well as Platoon Sergeant for 24 soldiers. Miles deployed to Taszar, Hungary, as Chief Legal NCO and Equal Opportunity Leader, National Support Element, in support of Operation Joint Guard. His area of responsibility included a satellite legal office in Slavonski Brod, Croatia.

In 1999, Miles was assigned to Headquarters, U.S. Army, Europe and 7th Army, Heidelberg, Germany, and was immediately deployed to Sarajevo, Bosnia and Herzegovina, as Chief Legal NCO in support of Operation Joint Forge. Upon his return to Germany, he assumed duties as Chief Legal NCO, U.S. Army Claims Service in Europe.

Miles’ final assignment is as Senior Paralegal NCO, Office of the Staff Judge Advocate, AMEEC&S and Fort Sam Houston.

Miles military education includes the Primary Leadership Development Course, Basic Noncommissioned Officer’s Course, the Advanced Noncommissioned Officer’s Course, Instructor’s Training Course, the Equal Opportunity Leader’s Course, and the Small Arms Maintenance Course. He is presently enrolled at the National Institute of Technology in the field

of Computerized Business Applications.

His military awards and decorations include the Meritorious Service Medal with Oak Leaf Cluster, the Army Commendation Medal with four Oak Leaf Clusters, the Army Achievement Medal with Oak Leaf Cluster, the Good Conduct Medal, the Joint Service Achievement Medal, the Kuwait Liberation Medal (from both Saudi Arabia and Kuwait governments), NATO Medal, the National Defense Service Medal, the NCO Professional Development Ribbon, the Overseas Service Ribbon, and the Army Superior Award.

Staff Sergeant Phillip C. Young, William Beaumont Army Medical Center, Fort Bliss, Texas, will retire effective June 1 following 22 years of military service.

Young began his military career in the U.S. Navy in 1980 at Great Lakes, Ill. He served on the USS JFK and after completing four years of service, he returned home to San Antonio, Texas. He then joined the U.S. Air Force Reserve and received Medical Service Specialist training at Sheppard Air Force Base, Texas, and was assigned to the 433rd TAS at Kelley Air Force Base, Texas. In 1985 he returned to the Navy for two years and was stationed aboard the USS Independence as an aircraft handler.

Young joined the U.S Army in 1987, and received training as a combat medic. His first assignment was with the 1/30th Inf. 3rd ID in Schweinfurt, Germany. After completion of his overseas tour, he attended the 91C course at Fort Sam Houston, Texas, and at Fitzsimons Army Medical Center

in Colo. He then returned to Fort Sam Houston, Texas, where he worked as a nurse in the General Surgery ward and Intensive Care Unit. In 1995, he was assigned to Tripler Army Medical Center, Hawaii, where he worked as NCOIC for General Surgery Clinic. He also served as Operations NCO during a six-month tour to Honduras. His final duty assignment was at William Beaumont Army Medical Center, Fort Bliss, Texas, where he worked in the ICU and was Evening Night Supervisor, NCO.

His military education includes the Primary Leadership Development Course, Basic Noncommissioned Officer’s Course, Medical Service Specialist, Aircraft Handling, ICU Course, Hearing Conservation, and 91C Course. Young will complete his Bachelor of Science degree in Psychology in March.

Young’s military awards and decorations include the Meritorious Service Medal, the Joint Service Achievement Medal, the Army Commendation Medal, the Army Achievement Medal, the Good Conduct Medal, the National Defense Medal, the Overseas Service Ribbon (two), the NCO Professional Development Ribbon (two), the Air Assault Ribbon, the Humanitarian Medal, the Sea Service Medal, the Battle “E” Ribbon and the Joint Meritorious Unit Award.

Staff Sergeant Marvin H. Smith, Jr., Brooke Army Medical Center, Fort Sam Houston, Texas retired after 20 years of military service.

Smith completed Basic Combat

Training at Fort Leonard Wood, Mo. and completed Advanced Individual Training as a Medical Specialist at Fort Sam Houston, Texas. His first duty assignment in 1982 was to Headquarters and Headquarters Company, 1/72nd Armor Battalion, 2nd Infantry Division, Camp Casey, Korea where he worked as a Medical Specialist and the Medical Records Clerk for the Battalion Aid Station. He then was assigned to Headquarters and Headquarters Company, 558th Engineer Battalion, Fort Polk, La. where he achieved the Expert Field Medical Badge, and worked as the Hearing Conservation NCOIC for North Fort Polk, Brigade Command.

Smith then attended the 91C Practical Nurse Course, completing phase one of the course at Fort Sam Houston, Texas, and then moving to complete the course at Student Company, William Beaumont Army Medical Center, El Paso, Texas. He was then assigned to A Company, Madigan Army Medical Center, Fort Lewis, Wash., where he worked as a Practical Nurse in the Maternal Child Section, receiving training in Newborn Nursery, Neonatal ICU, and Care of the Pediatric Patient.

In December 1990 he was transferred to Saudi Arabia during the Gulf War, where he was assigned to the 8th Evacuation Hospital, established and set up at the King Faad International Airport. Smith returned to A Company, Madigan Army Medical Center, where he worked as the Wardmaster of the Mother/Baby Unit in the New Madigan Army Medical Center. He transferred to C Company, 3d Support Battalion, 3d

Infantry Division, Schweinfurt, Germany where he was the Wardmaster for Patient Holding Area. During this tour as Wardmaster he served in several training missions to Grafenvir and Hoenfels training sites. Upon completion of his overseas assignment, he was then assigned to Brooke Army Medical Center, Fort Sam Houston, Texas, as the Wardmaster for the Short Stay Observation Unit. Smith also served as Wardmaster for the Post Anesthesia Care Unit, and NCOIC of the Dep Meds training area on the hospital site.

Smith’s military education includes the Primary Leadership Development Course and the Basic noncommissioned Officer’s Course. Other courses attended are the Mid-Management Course, the Leadership in Military and Civilian Relations, the Advanced Cardiac Lifesaver Course, the Pediatric Advanced Lifesaver, the Neonatal Resuscitator Course, the Leadership Development Course, the Equal Opportunity Course, the Safety Officer Course, and also a Clerk Typist Course. He earned an Associates Degree in Applied Science from Cisco Jr. College, Cisco, Texas.

Smith’s military awards and decorations include the Army Commendation Medal, the Army Achievement Medal, four Oak Leaf Cluster, the Good Conduct Medal, the National Defense Service Medal, the Southwest Asia Service Medal with three Bronze Service Stars, the Humanitarian Service Medal, the Professional Development Ribbon Service Medal, the Overseas Service Ribbon, the Army Service Ribbon, and the Kuwait Liberation Medal.

¿Que Pasa?



Community events

“Something’s Afoot” now showing at the Harlequin Dinner Theatre

The Harlequin Dinner Theatre is featuring “Something’s Afoot,” a musical Wednesday through Saturday evenings now through March 23. Prices are \$26.95 on Friday and Saturday and \$23.95 on Wednesday and Thursday. Military discounts are available. To make reservations, call 222-9694.

Celebrate with historic Government Hill, March 9

The community is invited to a Dance Festival celebrating historic Government Hill, March 9, from noon until 6 p.m. The festival will be held on New Braunfels Street between Grayson and Colita Streets. Enjoy live entertainment, a fashion show, artist displays, craft booths, food, dancing in the streets and much more.

FSH Officers’ Civilian Spouses Club luncheon, March 19

The FSH Officers’ Civilian Spouses Club will host a Joint Services Luncheon on March 19 at 11 a.m. at the Officers’ Club. The guest speaker will be Wendy Rigby of KENS-5 TV. For reservations, call Brenda Hebron at 444-0259.

Military Job Fair, March 20

The semi-annual San Antonio military community job fair will be held on March 20 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center on Pat Booker Blvd. and I-35 North. More than 100 employers will be recruiting for various types of positions. 1,000 to 2,000 military, DoD civilian employees, veterans, and family members have attended previous fairs. For information call 221-1213. A current list of registered employers may be viewed at <http://www.toonline.com/generalpages/careerfairs.asp#SA>.

“The Capitol Steps” at Laurie Auditorium, March 24

The Barshop JCC Performing Arts Series presents the funniest musical political satire troupe, “The Capitol Steps” on March 24 at 7:30 p.m., Laurie Auditorium 715 Stadium Drive. Admission is \$50, \$45, and \$40 Orchestra and \$25, \$20 Balcony seats. For information call 302-6828 or purchase tickets through Ticketmaster at 224-9600 or the Laurie Auditorium Box Office.

Volunteers needed

Calling all single soldiers to join BOSS

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee is established at an installation to furnish soldier input to the commander, who uses committee recommendations as the basis for improving single soldier MWR programs and enhancing the quality of life. For more information, please contact the current BOSS president Spc. Jeffrey Briere at 637-2229 or Sgt. Lorna Lewis 916-3344.

Runners sought for Washington D.C. Marathon

Runners interested in joining a group to train for and to run the Inaugural Washington D.C. Marathon scheduled for March 24 should contact Sgt. Lorna Lewis via e-mail to lorna.lewis@cen.amedd.army.mil or call 916-3344 or 930-4426.

In the classroom

“Legal Issues for seniors” workshop, March 13

The Oakwell Library, 4134 Harry Wurzbach, will sponsor a free “Legal Issues for seniors” workshop on March 13 at 2 p.m. Topics include power of attorneys, guardianship and basic estate planning tools. For information call the Oakwell Library at 828-2569

Learn more about benefits

Soldiers whose Date Initially Entered Military Service (DIEMS) is on or after August 1, 1986, should attend a briefing on the Career Status Bonus, Reduced Retirement Plan and Thrift Savings Plan. Transition Services offers monthly briefings in Bldg. 2267 at 9 a.m. on the following dates: Mar. 12, Apr 16, May 14, June 11, July 16, Aug. 13 and Sept. 17, 2002. To attend a briefing or obtain more information, call 221-2467 or 221-0936.

Home buying seminar, March 12

The Family Housing Office will sponsor a home buying seminar at noon on March 12 at the Roadrunner Community Center, Bldg. 2797. Bring a sack lunch and enjoy an interesting and informative seminar. For more information, call 221-2341.

School Age Services Spring Camp March 11 - 15

The School Age Services will hold a Spring Camp March 11 through 15. The camp is open to children in grades 1-5 with a current Child and Youth Services Registration and there are limited spaces available. Cost will vary based on family income. Call 221-4466 for more information.

Free art classes for talented young students

The Ella Austin Community Center, 1023 N. Pine st. is conducting the Artist-in-the-Making program now through April 26. This program is a free program for children in grades 5th through middle school who like to draw paint or sculpt and want to learn from a professional artist. For more information call Loida Molloy at 224-2351.

Botanical Center sponsors children’s garden

Spring Garden Sessions meet every Saturday from 9 to 11 a.m. until early June. This is a great opportunity for children ages 8 to 13 to learn about basic vegetable gardening from experienced gardeners. Topics taught include basic organic gardening, soil preparation, planting, watering and harvesting. Participants should be committed to attend every week. The registration fee is

\$5. For information call the San Antonio Botanical Center at 207-3255.

ESL classes taught at the Roadrunner

English as a second language classes are held on Fort Sam Houston at the Roadrunner Community Center and are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Next SAEDA training, March 27

In accordance with Army Regulation 380-5 Department of the Army Information Security Program and army Regulations 381-12, Subversion and Espionage Directed Against the U.S. Army (SAEDA), all Department of the Army personnel, military and civilian regardless of clearance and or access level held will receive SAED training at lease biennially. The Readiness and Logistics Business Center’s counterintelligence and Security Office will be offering this training on March 27, June 26, and Sept 25. Training will last approximately one hour.

Request unit representatives provide RLBC training Division with a list of individuals requiring SAEDA training and date available for training. For information call Edward Hrna at 221-1620 or e-mail: edward_hrna@amedd.amary.mil

Otras Cosas

USO offers income tax services for active duty service members

The San Antonio USO is offering free income tax preparation assistance for active duty military personnel every Saturday through April 13 from 10 to 11 a.m. Appointments made be made by calling 227-9373. The USO Center is located at 420 East Commerce Street, downtown San Antonio.

St. Patrick’s Day River Parade, March 17

The 34th Annual St. Patrick’s Day River Parade will be held March 17 beginning at 1 p.m. The event is free and the public is invited.

Tuskegee Airman, Inc. Golf tournament, April 19

The San Antonio Chapter of Tuskegee Airman, Inc. will sponsor the 6th Annual “Legends & Heroes Golf Classic” on April 19 at the Fort Sam Houston Golf Course. Registration will begin at noon, with a shotgun start at 1 p.m. Format will be four-person Florida Scramble, using USGA rules. Cost per entry is \$60 and includes green and cart fees, range balls and dinner. Proceeds will benefit the TAI Scholarship Fund. For information or to register, call Oliver Nelson, 658-4733 or Tim Barfield, 652-3285.

San Antonio Herb Society meeting, March 21

The San Antonio Herb Society meeting will be held on March 21, at 7 p.m. at the San Antonio Garden Center, corner of Funston and North New Braunfels streets. The guest speaker will be Donna Dobbersuhl, president of the San Antonio Bonsai Society. The meeting is free and open to the public.

Fiesta 2002 Parade seats available now

Mape plans now to attend the Fiesta 2002 Battle of Flowers Parade on April 26. The Cole High School Cougar Band will be marching in this parade. Tickets are also available for the Fiesta Flamebeau (night) Parade on April 28. Seats are \$7 and are located along the 100 block of East Commerce Street between Soledad and St. Mary’s streets. For information call Robyn Meilinger at 281-9178.

Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Fleet Maintenance Technician. San Antonio. Performs complex and major automotive, equipment and truck repairs. Provides technical assistance and training to other shop mechanics, and inspects work performed by other maintenance technicians.

Assistant for Events Management. San Antonio. Dependable workers needed to assist with private evening events. As needed basis, usually weekends. \$15 per hour with training offered. Call 829-5360.

Marketing Communications Specialist. San Antonio. Propose creative direction for marketing/communications programs and projects. Identify opportunities to increase effectiveness and/or profitability, and manage programs utilizing direct mail, print media, electronic media and other specialty media.

Systems Analyst. San Antonio. Support business objectives to achieve effective computer based business solutions to meet corporate objectives and priorities by providing design and implementation of new systems and modification to existing applications.



Fort Freebies



All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.

For Sale: Panasonic vacuum cleaner, 110v~240v (auto sensing), compact size in excellent condition, \$25 obo. Call 822-2727 After 2:30 p.m.

For Sale: Hammond 124XL, \$275, dresser with two night stands, black, \$325, two oak bar stools 2, 36" in height \$110, Kenmore large \$45, small refrigerator, \$60, sofa, love seat, with lots of pillows \$800. Call 653-1780.

For Sale: One carpet cut to fit the sunroom in the Graham/Wheaton housing area \$25, one white 6' x 8' carpet \$10, 45 piece set of Seizan fine china plus extras \$300, silver fox fur coat, \$150, and Sony VIO laptop computer \$200. Call 223-8772.

For Sale: German computer chair, adjustable, blue cloth, in excellent condition, \$25 obo. Call 822-2727 after 4 p.m.

For Sale: KitchenAid large 25.5 cu. ft. side-by-side refrigerator, water and crushed/cubed ice, water filter, white. New \$1,587 two years ago, now \$875. Call Jack Shircel at 885-3159 or 295-2380.

For Sale: Must sell two-year old refrigerator with icemaker. Bought for \$1,100, will sell for \$210. Call Toni at 916-2482 after 8 p.m. or leave message.

For Sale: GE side-by-side gold refrigerator with ice and water, \$150, black vinyl dual recliner/ loveseat, \$50, 150 ft. chainlink with gate and hardware, \$100. Call 832-8989.

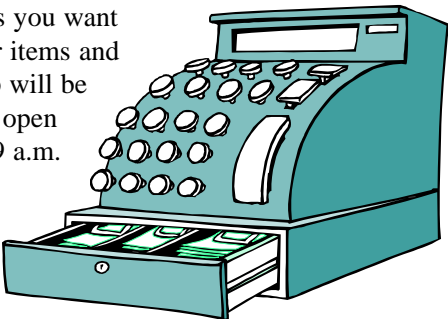
For Sale: Area rugs, lace curtains and topper, bedspreads, TV's, coffee tables, leather hideabed and loveseat. Call 222-8551.

For Sale: 1995 Nissan pickup, 60K mile, good condition, camper top, AC, power mirrors, may see at Fort Sam Houston "Lemon Lot," \$5,900. Call 946-6642.

Bag sale at Budget Shop of Post Thrift Shop

Mark your calendars for the Thrift Shop's Bag Sale scheduled for March 9 from 9 a.m. to 2 p.m. After you select the items you want from the Budget Shop a friendly volunteer will bag your items and you pay only \$3 per bag. Only items in the Budget Shop will be part of the Bag Sale. The rest of the Thrift Shop will be open for business as usual. Consignments will be taken from 9 a.m. to noon.

Many volunteers from Cole Junior/Senior School and parent groups will be on hand to assist.



Post worship schedule

Protestant

Sunday:
8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
10 a.m. Service, BAMC Chapel
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
11 a.m. Service, AMEDD Regimental Chapel
11:15 a.m. Gospel Service, Evans Auditorium
12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:
9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
12 p.m. Bible Study, Dodd Field Chapel
12 p.m. Service, BAMC Chapel

Catholic

Saturday:
5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:
8:30 a.m. Mass, BAMC Chapel
9:15 a.m. Mass, Dodd Field Chapel
9:15 a.m. Mass, AMEDD Regimental Chapel
11:15 a.m. Mass, BAMC Chapel
*12:45 p.m. Mass, Dodd Field Chapel
*Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:
11 a.m. Mass, BAMC Chapel
11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:
9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:
8 p.m. Service, Dodd Field Chapel
8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

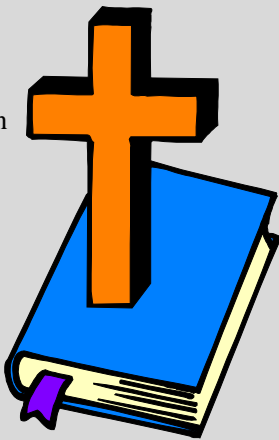
Sunday:
10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Wednesday:
7 p.m. LDS Studies, Bldg. 1350, Room 1

Muslim

Sunday:
10:30 a.m. Religious Education, Bldg. 607A, Infantry Post
Friday:
1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post
Thursday:
8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Gift Chapel is closed for renovations indefinitely. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.



Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them. If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.

